



11. Kristall-Marathon

Merkers / 12.02.2017

Detailed evaluation

PFEIFFER, Holger

Club: MSV Meusegast

Number: 515

Course: 9.75 km

10 km Lauf

Category:

Senioren M55 (55-59 Jahre)

Total time: 45:14

Speed: 11.94 km/h

Running performance: 4:38 min/km

Rank in course/Total: 19 (of 166)

Rank in course/Men: 17 (of 94)

Best time in course: 36:01

Rank in category: 3(of 12)

Best time in the category: 40:22

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Lap 1	3.25	14:35	4:29	3	1:39	19	2:44	3.25	14:35	4:29	3	1:39	19	2:44
Lap 2	3.25	15:24	4:44	3	1:47	17	3:15	6.50	29:59	4:36	3	3:26	16	5:44
Last lap Finish	3.25	15:15	4:41	3	1:26	17	3:29	9.75	45:14	4:38	3	4:52	17	9:13