



11. Kristall-Marathon

Merkers / 12.02.2017

Detailed evaluation

ZAPF, Martin

Club: Wei-Wei Läufer

Number: 596

Course: 9.75 km

10 km Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 46:43

Speed: 12.52 km/h

Running performance: 4:47 min/km

Rank in course/Total: 21 (of 166)

Rank in course/Men: 18 (of 94)

Best time in course: 36:01

Rank in category: 1(of 16)

Best time in the category: 46:43

Intermediate times

Stage score

Total ranking

| Control | Split km | Split Time | Split min/km | Pos Cat. | Behind Cat. | Stage score | | Total ranking | | | | | | |
|-----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
| | | | | | | Pos Men | Behind Men | Total km | Total Time | Total min/km | Pos Cat. | Behind Cat. | Pos Men | Behind Men |
| Lap 1 | 3.25 | 14:28 | 4:27 | 1 | - | 18 | 2:37 | 3.25 | 14:28 | 4:27 | 1 | - | 18 | 2:37 |
| Lap 2 | 3.25 | 16:02 | 4:56 | 1 | - | 18 | 3:53 | 6.50 | 30:30 | 4:41 | 1 | - | 18 | 6:15 |
| Last lap Finish | 3.25 | 16:13 | 4:59 | 1 | - | 22 | 4:27 | 9.75 | 46:43 | 4:47 | 1 | - | 18 | 10:42 |