



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: 11.56 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