



11. Kristall-Marathon

Merkers / 12.02.2017

Detailed evaluation

HECKER, Christoph

Club: NonStopUltra Brakel

Number: 448

Course: 9.75 km

10 km Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 47:24

Speed: 11.39 km/h

Running performance: 4:52 min/km

Rank in course/Total: 24 (of 166)

Rank in course/Men: 21 (of 94)

Best time in course: 36:01

Rank in category: 4(of 11)

Best time in the category: 40:20

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	16:24	5:02	5	3:41	38	4:33	3.25	16:24	5:02	5	3:41	38	4:33
Lap 2	3.25	16:08	4:57	4	2:24	21	3:59	6.50	32:32	5:00	4	5:57	26	8:17
Last lap Finish	3.25	14:52	4:34	4	1:07	14	3:06	9.75	47:24	4:51	4	7:04	21	11:23