



11. Kristall-Marathon

Merkers / 12.02.2017

Detailed evaluation

KOCH, Christian

Club: Trusetal

Number: 479

Course: 9.75 km

10 km Lauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 47:49

Speed: 11.29 km/h

Running performance: 4:54 min/km

Rank in course/Total: 26 (of 166)

Rank in course/Men: 22 (of 94)

Best time in course: 36:01

Rank in category: 1(of 11)

Best time in the category: 47:49

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	15:58	4:54	2	0:45	29	4:07	3.25	15:58	4:54	2	0:45	29	4:07
Lap 2	3.25	16:03	4:56	1	-	20	3:54	6.50	32:01	4:55	2	0:24	23	7:46
Last lap Finish	3.25	15:48	4:51	1	-	20	4:02	9.75	47:49	4:54	1	-	22	11:48