



11. Kristall-Marathon

Merkers / 12.02.2017

Detailed evaluation

TÄNZER, Mirko

Club: Meuchelmörder

Number: 601

Course: 9.75 km

10 km Lauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 48:09

Speed: 11.21 km/h

Running performance: 4:56 min/km

Rank in course/Total: 27 (of 166)

Rank in course/Men: 23 (of 94)

Best time in course: 36:01

Rank in category: 2(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	15:13	4:40	1	-	24	3:22	3.25	15:13	4:40	1	-	24	3:22
Lap 2	3.25	16:24	5:02	2	0:21	22	4:15	6.50	31:37	4:51	1	-	21	7:22
Last lap Finish	3.25	16:32	5:05	2	0:44	26	4:46	9.75	48:09	4:56	2	0:20	23	12:08