



11. Kristall-Marathon

Merkers / 12.02.2017

Detailed evaluation

WALTER, Reno

Club: KSV Baunatal

Number: 575

Course: 9.75 km

10 km Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 49:03

Speed: 11.01 km/h

Running performance: 5:02 min/km

Rank in course/Total: 30 (of 166)

Rank in course/Men: 25 (of 94)

Best time in course: 36:01

Rank in category: 5(of 12)

Best time in the category: 37:36

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	15:02	4:37	5	2:57	22	3:11	3.25	15:02	4:37	5	2:57	22	3:11
Lap 2	3.25	17:22	5:20	7	4:22	33	5:13	6.50	32:24	4:59	5	7:19	24	8:09
Last lap Finish	3.25	16:39	5:07	5	4:08	28	4:53	9.75	49:03	5:01	5	11:27	25	13:02