



# 11. Kristall-Marathon

Merkers / 12.02.2017

## Detailed evaluation

**BOHLENDER, Alexander**

Club: Irrläufer

Number: 410

Course: 9.75 km

10 km Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 49:18

Speed: 10.95 km/h

Running performance: 5:04 min/km

Rank in course/Total: 34 (of 166)

Rank in course/Men: 29 (of 94)

Best time in course: 36:01

Rank in category: 4(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	15:46	4:51	4	1:18	26	3:55	3.25	15:46	4:51	4	1:18	26	3:55
Lap 2	3.25	16:44	5:08	2	0:42	25	4:35	6.50	32:30	5:00	3	2:00	25	8:15
Last lap Finish	3.25	16:48	5:10	3	0:35	29	5:02	9.75	49:18	5:03	4	2:35	29	13:17