



11. Kristall-Marathon

Merkers / 12.02.2017

Detailed evaluation

FREUND, Uwe

Club: Suhl

Number: 435

Course: 9.75 km

10 km Lauf

Category:

Senioren M55 (55-59 Jahre)

Total time: 49:17

Speed: 11.87 km/h

Running performance: 5:03 min/km

Rank in course/Total: 32 (of 166)

Rank in course/Men: 27 (of 94)

Best time in course: 36:01

Rank in category: 4(of 12)

Best time in the category: 40:22

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	16:16	5:00	7	3:20	35	4:25	3.25	16:16	5:00	7	3:20	35	4:25
Lap 2	3.25	16:37	5:06	4	3:00	23	4:28	6.50	32:53	5:03	7	6:20	32	8:38
Last lap Finish	3.25	16:24	5:02	4	2:35	23	4:38	9.75	49:17	5:03	4	8:55	27	13:16