



11. Kristall-Marathon

Merkers / 12.02.2017

Detailed evaluation

ULLRICH, Jürgen

Club: Wei-Wei Läufer

Number: 564

Course: 9.75 km

10 km Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 48:57

Speed: 11.03 km/h

Running performance: 5:01 min/km

Rank in course/Total: 28 (of 166)

Rank in course/Men: 24 (of 94)

Best time in course: 36:01

Rank in category: 2(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	14:45	4:32	2	0:17	20	2:54	3.25	14:45	4:32	2	0:17	20	2:54
Lap 2	3.25	16:54	5:11	4	0:52	29	4:45	6.50	31:39	4:52	2	1:09	22	7:24
Last lap Finish	3.25	17:18	5:19	4	1:05	34	5:32	9.75	48:57	5:01	2	2:14	24	12:56