



11. Kristall-Marathon

Merkers / 12.02.2017

Detailed evaluation

LANG, Christian

Club: Sanwald Laufteam

Number: 483

Course: 9.75 km

10 km Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 50:19

Speed: 11.63 km/h

Running performance: 5:10 min/km

Rank in course/Total: 38 (of 166)

Rank in course/Men: 32 (of 94)

Best time in course: 36:01

Rank in category: 6(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	16:15	5:00	7	4:10	34	4:24	3.25	16:15	5:00	7	4:10	34	4:24
Lap 2	3.25	16:59	5:13	5	3:59	30	4:50	6.50	33:14	5:06	7	8:09	34	8:59
Last lap Finish	3.25	17:05	5:15	6	4:34	32	5:19	9.75	50:19	5:09	6	12:43	32	14:18