



11. Kristall-Marathon

Merkers / 12.02.2017

Detailed evaluation

LORENZ, Frank

Club: SOLE Runners Bad Salzungen
Number: 492

Course: 9.75 km
10 km Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 49:16

Speed: 10.96 km/h
Running performance: 5:03 min/km

Rank in course/Total: 31 (of 166)

Rank in course/Men: 26 (of 94)

Best time in course: 36:01

Rank in category: 3(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	15:58	4:54	5	1:30	29	4:07	3.25	15:58	4:54	5	1:30	29	4:07
Lap 2	3.25	16:53	5:11	3	0:51	28	4:44	6.50	32:51	5:03	4	2:21	29	8:36
Last lap Finish	3.25	16:25	5:03	2	0:12	24	4:39	9.75	49:16	5:03	3	2:33	26	13:15