



11. Kristall-Marathon

Merkers / 12.02.2017

Detailed evaluation

ARMBRUST, Patrick

Club: Laufwerk Wü

Number: 401

Course: 9.75 km

10 km Lauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 52:56

Speed: 10.20 km/h

Running performance: 5:26 min/km

Rank in course/Total: 47 (of 166)

Rank in course/Men: 37 (of 94)

Best time in course: 36:01

Rank in category: 3(of 11)

Best time in the category: 47:49

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	16:23	5:02	3	1:10	36	4:32	3.25	16:23	5:02	3	1:10	36	4:32
Lap 2	3.25	18:22	5:39	3	2:19	39	6:13	6.50	34:45	5:20	3	3:08	37	10:30
Last lap Finish	3.25	18:11	5:35	3	2:23	43	6:25	9.75	52:56	5:25	3	5:07	37	16:55