



11. Kristall-Marathon

Merkers / 12.02.2017

Detailed evaluation

MIKULA, Stefan

Club: BSG Würzburg

Number: 508

Course: 9.75 km

10 km Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 53:30

Speed: 10.09 km/h

Running performance: 5:29 min/km

Rank in course/Total: 49 (of 166)

Rank in course/Men: 39 (of 94)

Best time in course: 36:01

Rank in category: 6(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	17:35	5:24	6	3:07	41	5:44	3.25	17:35	5:24	6	3:07	41	5:44
Lap 2	3.25	18:09	5:35	8	2:07	38	6:00	6.50	35:44	5:29	6	5:14	40	11:29
Last lap Finish	3.25	17:46	5:28	6	1:33	38	6:00	9.75	53:30	5:29	6	6:47	39	17:29