



11. Kristall-Marathon

Merkers / 12.02.2017

Detailed evaluation

MENKHAUS, Thomas

Club: LT Wischlingen Dortmund

Number: 503

Course: 9.75 km

10 km Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 53:54

Speed: 10.02 km/h

Running performance: 5:32 min/km

Rank in course/Total: 52 (of 166)

Rank in course/Men: 40 (of 94)

Best time in course: 36:01

Rank in category: 7(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	18:20	5:38	9	3:52	50	6:29	3.25	18:20	5:38	9	3:52	50	6:29
Lap 2	3.25	17:53	5:30	7	1:51	37	5:44	6.50	36:13	5:34	7	5:43	42	11:58
Last lap Finish	3.25	17:41	5:26	5	1:28	37	5:55	9.75	53:54	5:31	7	7:11	40	17:53