



11. Kristall-Marathon

Merkers / 12.02.2017

Detailed evaluation

MICHAELIS, Marius

Club: Die Laufgruppe

Number: 505

Course: 9.75 km

10 km Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 54:35

Speed: 9.89 km/h

Running performance: 5:36 min/km

Rank in course/Total: 54 (of 166)

Rank in course/Men: 41 (of 94)

Best time in course: 36:01

Rank in category: 8(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	17:19	5:19	8	5:14	40	5:28	3.25	17:19	5:19	8	5:14	40	5:28	
Lap 2	3.25	18:24	5:39	8	5:24	41	6:15	6.50	35:43	5:29	8	10:38	39	11:28	
Last lap Finish	3.25	18:52	5:48	9	6:21	52	7:06	9.75	54:35	5:35	8	16:59	41	18:34	