



11. Kristall-Marathon

Merkers / 12.02.2017

Detailed evaluation

BETHKE, Michael

Club: Cityrunner Berlin

Number: 404

Course: 9.75 km

10 km Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 54:50

Speed: 9.85 km/h

Running performance: 5:37 min/km

Rank in course/Total: 56 (of 166)

Rank in course/Men: 42 (of 94)

Best time in course: 36:01

Rank in category: 5(of 15)

Best time in the category: 39:25

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 | 17:47 | 5:28 | 6 | 5:01 | 46 | 5:56 | 3.25 | 17:47 | 5:28 | 6 | 5:01 | 46 | 5:56 |
| Lap 2 | 3.25 | 18:25 | 5:40 | 5 | 5:05 | 42 | 6:16 | 6.50 | 36:12 | 5:34 | 5 | 10:06 | 41 | 11:57 |
| Last lap Finish | 3.25 | 18:38 | 5:44 | 5 | 5:19 | 47 | 6:52 | 9.75 | 54:50 | 5:37 | 5 | 15:25 | 42 | 18:49 |