



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: 10.67 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