



11. Kristall-Marathon

Merkers / 12.02.2017

Detailed evaluation

DOERFERT, Lutz

Club: Rennsteiglaufverein

Number: 419

Course: 9.75 km

10 km Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 39:09

Speed: 13.79 km/h

Running performance: 4:01 min/km

Rank in course/Total: 5 (of 166)

Rank in course/Men: 5 (of 94)

Best time in course: 36:01

Rank in category: 2(of 12)

Best time in the category: 37:36

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Lap 1	3.25	12:31	3:51	2	0:26	4	0:40	3.25	12:31	3:51	2	0:26	4	0:40
Lap 2	3.25	13:18	4:05	2	0:18	5	1:09	6.50	25:49	3:58	2	0:44	5	1:34
Last lap Finish	3.25	13:20	4:06	2	0:49	6	1:34	9.75	39:09	4:00	2	1:33	5	3:08