



11. Kristall-Marathon

Merkers / 12.02.2017

Detailed evaluation

REINKE, Stefan

Club: LT Bittermark Dortmund

Number: 524

Course: 9.75 km

10 km Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 55:07

Speed: 9.80 km/h

Running performance: 5:39 min/km

Rank in course/Total: 59 (of 166)

Rank in course/Men: 45 (of 94)

Best time in course: 36:01

Rank in category: 8(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	18:58	5:50	10	4:30	60	7:07	3.25	18:58	5:50	10	4:30	60	7:07
Lap 2	3.25	17:51	5:29	6	1:49	35	5:42	6.50	36:49	5:39	9	6:19	49	12:34
Last lap Finish	3.25	18:18	5:37	8	2:05	45	6:32	9.75	55:07	5:39	8	8:24	45	19:06