



11. Kristall-Marathon

Merkers / 12.02.2017

Detailed evaluation

WEIMAR, Bernd

Club: FFW Kaltensundheim

Number: 580

Course: 9.75 km

10 km Lauf

Category:

Senioren M55 (55-59 Jahre)

Total time: 56:20

Speed: 9.59 km/h

Running performance: 5:47 min/km

Rank in course/Total: 65 (of 166)

Rank in course/Men: 49 (of 94)

Best time in course: 36:01

Rank in category: 8(of 12)

Best time in the category: 40:22

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 | 17:42 | 5:26 | 8 | 4:46 | 44 | 5:51 | 3.25 | 17:42 | 5:26 | 8 | 4:46 | 44 | 5:51 |
| Lap 2 | 3.25 | 18:48 | 5:47 | 8 | 5:11 | 48 | 6:39 | 6.50 | 36:30 | 5:36 | 8 | 9:57 | 47 | 12:15 |
| Last lap Finish | 3.25 | 19:50 | 6:06 | 9 | 6:01 | 59 | 8:04 | 9.75 | 56:20 | 5:46 | 8 | 15:58 | 49 | 20:19 |