



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