



11. Kristall-Marathon

Merkers / 12.02.2017

Detailed evaluation

FREIBERG, Marcel

Club: Kings of Talent

Number: 432

Course: 9.75 km

10 km Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 57:47

Speed: 9.35 km/h

Running performance: 5:56 min/km

Rank in course/Total: 76 (of 166)

Rank in course/Men: 56 (of 94)

Best time in course: 36:01

Rank in category: 6(of 11)

Best time in the category: 40:20

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	18:47	5:46	6	6:04	56	6:56	3.25	18:47	5:46	6	6:04	56	6:56
Lap 2	3.25	22:05	6:47	9	8:21	84	9:56	6.50	40:52	6:17	7	14:17	73	16:37
Last lap Finish	3.25	16:55	5:12	5	3:10	30	5:09	9.75	57:47	5:55	6	17:27	56	21:46