



11. Kristall-Marathon

Merkers / 12.02.2017

Detailed evaluation

MÜLLER, Jens

Club: DJK Teutonia Gaustadt

Number: 512

Course: 9.75 km

10 km Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 40:20

Speed: 13.39 km/h

Running performance: 4:08 min/km

Rank in course/Total: 7 (of 166)

Rank in course/Men: 7 (of 94)

Best time in course: 36:01

Rank in category: 1(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	12:43	3:54	1	-	6	0:52	3.25	12:43	3:54	1	-	6	0:52
Lap 2	3.25	13:52	4:15	2	0:08	9	1:43	6.50	26:35	4:05	1	-	8	2:20
Last lap Finish	3.25	13:45	4:13	1	-	7	1:59	9.75	40:20	4:08	1	-	7	4:19