



11. Kristall-Marathon

Merkers / 12.02.2017

Detailed evaluation

HOLTKAMP, Christian

Club: TV Königswinter

Number: 464

Course: 9.75 km

10 km Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 58:24

Speed: 10.02 km/h

Running performance: 5:59 min/km

Rank in course/Total: 82 (of 166)

Rank in course/Men: 58 (of 94)

Best time in course: 36:01

Rank in category: 10(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	17:50	5:29	8	3:22	48	5:59	3.25	17:50	5:29	8	3:22	48	5:59
Lap 2	3.25	20:09	6:11	11	4:07	63	8:00	6.50	37:59	5:50	10	7:29	53	13:44
Last lap Finish	3.25	20:25	6:16	11	4:12	64	8:39	9.75	58:24	5:59	10	11:41	58	22:23