



11. Kristall-Marathon

Merkers / 12.02.2017

Detailed evaluation

WESTHÄUSER, Horst

Club: SV-EK Veilsdorf

Number: 583

Course: 9.75 km

10 km Lauf

Category:

Senioren M55 (55-59 Jahre)

Total time: 40:22

Speed: 13.38 km/h

Running performance: 4:08 min/km

Rank in course/Total: 8 (of 166)

Rank in course/Men: 8 (of 94)

Best time in course: 36:01

Rank in category: 1(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	12:56	3:58	1	-	10	1:05	3.25	12:56	3:58	1	-	10	1:05
Lap 2	3.25	13:37	4:11	1	-	7	1:28	6.50	26:33	4:05	1	-	7	2:18
Last lap Finish	3.25	13:49	4:15	1	-	8	2:03	9.75	40:22	4:08	1	-	8	4:21