



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

PFORDT, Alexander

Club: Lauffreunde BKZ

Number: 170

Course: 9.75 km

10 km Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 54:03

Speed: 9.99 km/h

Running performance: 5:32 min/km

Rank in course/Total: 101 (of 215)

Rank in course/Men: 78 (of 134)

Best time in course: 36:45

Rank in category: 14(of 19)

Best time in the category: 40:23

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	17:38	5:25	15	4:43	85	6:06	3.25	17:38	5:25	15	4:43	85	6:06
Lap 2	3.25	18:11	5:35	14	4:33	75	5:36	6.50	35:49	5:30	15	9:16	80	11:34
Last lap Finish	3.25	18:14	5:36	11	4:24	72	5:45	9.75	54:03	5:32	14	13:40	78	17:18