



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

RIETDORF, STEFAN

Club: -

Number: 184

Course: 9.75 km

10 km Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 54:19

Speed: 10.77 km/h

Running performance: 5:34 min/km

Rank in course/Total: 103 (of 215)

Rank in course/Men: 80 (of 134)

Best time in course: 36:45

Rank in category: 7(of 13)

Best time in the category: 37:13

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	17:02	5:14	7	5:30	78	5:30	3.25	17:02	5:14	7	5:30	78	5:30
Lap 2	3.25	18:11	5:35	7	5:28	75	5:36	6.50	35:13	5:25	7	10:58	74	10:58
Last lap Finish	3.25	19:06	5:52	8	6:08	90	6:37	9.75	54:19	5:34	7	17:06	80	17:34