



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

ZOBEL, Hinnerk

Club: -

Number: 256

Course: 9.75 km

10 km Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 54:19

Speed: 9.94 km/h

Running performance: 5:34 min/km

Rank in course/Total: 104 (of 215)

Rank in course/Men: 80 (of 134)

Best time in course: 36:45

Rank in category: 13(of 19)

Best time in the category: 37:34

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Lap 1	3.25	18:44	5:45	18	6:58	105	7:12	3.25	18:44	5:45	18	6:58	105	7:12
Lap 2	3.25	18:10	5:35	12	5:10	74	5:35	6.50	36:54	5:40	14	12:08	90	12:39
Last lap Finish	3.25	17:25	5:21	10	4:37	61	4:56	9.75	54:19	5:34	13	16:45	80	17:34