



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

VON DER OSTEN, Harald

Club: -

Number: 237

Course: 9.75 km

10 km Lauf

Category:

Senioren M60 (60-64 Jahre)

Total time: 54:37

Speed: 9.89 km/h

Running performance: 5:36 min/km

Rank in course/Total: 106 (of 215)

Rank in course/Men: 83 (of 134)

Best time in course: 36:45

Rank in category: 3(of 10)

Best time in the category: 43:27

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	3	3:56	85	6:06	3.25	17:38	5:25	3	3:56	85	6:06
Lap 2	3.25	18:30	5:41	4	3:43	83	5:55	6.50	36:08	5:33	4	7:39	86	11:53
Last lap Finish	3.25	18:29	5:41	4	3:31	81	6:00	9.75	54:37	5:36	3	11:10	83	17:52