



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

BEUS, Manfred

Club: R(h)einläufer

Number: 15

Course: 9.75 km

10 km Lauf

Category:

Senioren M60 (60-64 Jahre)

Total time: 55:02

Speed: 9.81 km/h

Running performance: 5:38 min/km

Rank in course/Total: 108 (of 215)

Rank in course/Men: 84 (of 134)

Best time in course: 36:45

Rank in category: 4(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	17:41	5:26	4	3:59	88	6:09	3.25	17:41	5:26	4	3:59	88	6:09
Lap 2	3.25	18:26	5:40	3	3:39	82	5:51	6.50	36:07	5:33	3	7:38	85	11:52
Last lap Finish	3.25	18:55	5:49	5	3:57	87	6:26	9.75	55:02	5:38	4	11:35	84	18:17