



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

HESSE, Bernd

Club: -

Number: 77

Course: 9.75 km

10 km Lauf

Category:

Senioren M60 (60-64 Jahre)

Total time: 56:26

Speed: 9.57 km/h

Running performance: 5:47 min/km

Rank in course/Total: 118 (of 215)

Rank in course/Men: 92 (of 134)

Best time in course: 36:45

Rank in category: 6(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	17:59	5:31	5	4:17	91	6:27	3.25	17:59	5:31	5	4:17	91	6:27
Lap 2	3.25	19:07	5:52	6	4:20	92	6:32	6.50	37:06	5:42	6	8:37	92	12:51
Last lap Finish	3.25	19:20	5:56	6	4:22	94	6:51	9.75	56:26	5:47	6	12:59	92	19:41