



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

WINGEFELD, Marc

Club: -

Number: 248

Course: 9.75 km

10 km Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 57:17

Speed: 9.43 km/h

Running performance: 5:53 min/km

Rank in course/Total: 122 (of 215)

Rank in course/Men: 95 (of 134)

Best time in course: 36:45

Rank in category: 16(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 ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	3.25	17:16	5:18	13	5:30	80	5:44	3.25	17:16	5:18	13	5:30	80	5:44
Lap 2	3.25	19:54	6:07	17	6:54	97	7:19	6.50	37:10	5:43	15	12:24	93	12:55
Last lap Finish	3.25	20:07	6:11	17	7:19	103	7:38	9.75	57:17	5:52	16	19:43	95	20:32