



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

SCHWANKE, Martin

Club: -

Number: 215

Course: 9.75 km

10 km Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 57:34

Speed: 9.38 km/h

Running performance: 5:54 min/km

Rank in course/Total: 125 (of 215)

Rank in course/Men: 96 (of 134)

Best time in course: 36:45

Rank in category: 17(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	18:25	5:40	17	6:39	100	6:53	3.25	18:25	5:40	17	6:39	100	6:53
Lap 2	3.25	19:26	5:58	16	6:26	95	6:51	6.50	37:51	5:49	17	13:05	98	13:36
Last lap Finish	3.25	19:43	6:03	16	6:55	98	7:14	9.75	57:34	5:54	17	20:00	96	20:49