



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

KöBELIN, Frieder

Club: VfL Wampenhäusen

Number: 104

Course: 9.75 km

10 km Lauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 57:34

Speed: 9.38 km/h

Running performance: 5:54 min/km

Rank in course/Total: 126 (of 215)

Rank in course/Men: 96 (of 134)

Best time in course: 36:45

Rank in category: 14(of 22)

Best time in the category: 38:19

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	18:28	5:40	15	6:18	102	6:56	3.25	18:28	5:40	15	6:18	102	6:56
Lap 2	3.25	19:17	5:56	13	6:17	94	6:42	6.50	37:45	5:48	14	12:35	97	13:30
Last lap Finish	3.25	19:49	6:05	15	6:48	100	7:20	9.75	57:34	5:54	14	19:15	96	20:49