



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

RAABE, Jürgen

Club: AG Hamburg West

Number: 174

Course: 9.75 km

10 km Lauf

Category:

Senioren M65 (65-69 Jahre)

Total time: 59:12

Speed: 9.12 km/h

Running performance: 6:04 min/km

Rank in course/Total: 138 (of 215)

Rank in course/Men: 103 (of 134)

Best time in course: 36:45

Rank in category: 1(of 2)

Best time in the category: 59:12

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Lap 1	3.25	19:19	5:56	1	-	111	7:47	3.25	19:19	5:56	1	-	111	7:47
Lap 2	3.25	20:05	6:10	1	-	99	7:30	6.50	39:24	6:03	1	-	104	15:09
Last lap Finish	3.25	19:48	6:05	1	-	99	7:19	9.75	59:12	6:04	1	-	103	22:27