



# 12. Kristall-Marathon

Merkers / 18.02.2018

## Detailed evaluation

**HESS, Alexander**

Club: ARBURG

Number: 76

Course: 9.75 km

10 km Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 1:00:01

Speed: 9.00 km/h

Running performance: 6:10 min/km

Rank in course/Total: 143 (of 215)

Rank in course/Men: 106 (of 134)

Best time in course: 36:45

Rank in category: 9(of 13)

Best time in the category: 37:13

### 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	18:56	5:49	11	7:24	107	7:24	3.25	18:56	5:49	11	7:24	107	7:24
Lap 2	3.25	20:57	6:26	9	8:14	108	8:22	6.50	39:53	6:08	10	15:38	109	15:38
Last lap Finish	3.25	20:08	6:11	10	7:10	104	7:39	9.75	1:00:01	6:09	9	22:48	106	23:16