



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

HORR, Raphael

Club: ARBURG

Number: 93

Course: 9.75 km

10 km Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 1:00:01

Speed: 9.00 km/h

Running performance: 6:10 min/km

Rank in course/Total: 144 (of 215)

Rank in course/Men: 106 (of 134)

Best time in course: 36:45

Rank in category: 10(of 14)

Best time in the category: 42:34

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	18:56	5:49	10	5:17	107	7:24	3.25	18:56	5:49	10	5:17	107	7:24
Lap 2	3.25	20:57	6:26	10	6:29	108	8:22	6.50	39:53	6:08	10	11:46	109	15:38
Last lap Finish	3.25	20:08	6:11	9	5:41	104	7:39	9.75	1:00:01	6:09	10	17:27	106	23:16