



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

DELLITH, Tilmann

Club: -

Number: 29

Course: 9.75 km

10 km Lauf

Category:

Männer (20-29 Jahre)

Total time: 41:36

Speed: 12.98 km/h

Running performance: 4:16 min/km

Rank in course/Total: 16 (of 215)

Rank in course/Men: 16 (of 134)

Best time in course: 36:45

Rank in category: 4(of 9)

Best time in the category: 36:45

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total		Total		Total		Pos Cat.	Behind Cat.	Pos Men	Behind Men	
								km	Time	min/km	Pos	Behind	Pos					Behind
Lap 1	3.25	14:23	4:25	6	2:43	30	2:51	3.25	14:23	4:25	6	2:43	30	2:51				
Lap 2	3.25	13:30	4:09	3	0:55	10	0:55	6.50	27:53	4:17	5	3:38	19	3:38				
Last lap Finish	3.25	13:43	4:13	4	1:13	11	1:14	9.75	41:36	4:15	4	4:51	16	4:51				