



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

THESTORF, Kolja

Club: Team KADS

Number: 230

Course: 9.75 km

10 km Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 1:01:48

Speed: 8.74 km/h

Running performance: 6:20 min/km

Rank in course/Total: 160 (of 215)

Rank in course/Men: 112 (of 134)

Best time in course: 36:45

Rank in category: 11(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		Total		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	21:09	6:30	12	9:37	121	9:37	3.25	21:09	6:30	12	9:37	121	9:37
Lap 2	3.25	21:13	6:31	10	8:30	112	8:38	6.50	42:22	6:31	11	18:07	117	18:07
Last lap Finish	3.25	19:26	5:58	9	6:28	95	6:57	9.75	1:01:48	6:20	11	24:35	112	25:03