



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

HOLTKAMP, Christian

Club: TV Königswinter

Number: 85

Course: 9.75 km

10 km Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:02:30

Speed: 8.64 km/h

Running performance: 6:25 min/km

Rank in course/Total: 165 (of 215)

Rank in course/Men: 114 (of 134)

Best time in course: 36:45

Rank in category: 19(of 19)

Best time in the category: 37:34

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	18:23	5:39	16	6:37	99	6:51	3.25	18:23	5:39	16	6:37	99	6:51
Lap 2	3.25	21:23	6:34	19	8:23	113	8:48	6.50	39:46	6:07	19	15:00	107	15:31
Last lap Finish	3.25	22:44	6:59	19	9:56	117	10:15	9.75	1:02:30	6:24	19	24:56	114	25:45