



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

Russ, Nico

Club: SV Birkenhard

Number: 696

Course: 9.75 km

10 km Lauf

Category:

Männer (20-29 Jahre)

Total time: 42:10

Speed: 12.81 km/h

Running performance: 4:19 min/km

Rank in course/Total: 18 (of 215)

Rank in course/Men: 17 (of 134)

Best time in course: 36:45

Rank in category: 5(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.	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	12:51	3:57	4	1:11	12	1:19	3.25	12:51	3:57	4	1:11	12	1:19
Lap 2	3.25	14:27	4:26	5	1:52	18	1:52	6.50	27:18	4:12	4	3:03	15	3:03
Last lap Finish	3.25	14:52	4:34	6	2:22	22	2:23	9.75	42:10	4:19	5	5:25	17	5:25