



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

GERLACH, Detlef

Club: -

Number: 47

Course: 9.75 km

10 km Lauf

Category:

Senioren M60 (60-64 Jahre)

Total time: 1:08:17

Speed: 8.57 km/h

Running performance: 7:00 min/km

Rank in course/Total: 186 (of 215)

Rank in course/Men: 120 (of 134)

Best time in course: 36:45

Rank in category: 10(of 10)

Best time in the category: 43:27

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Lap 1	3.25	20:21	6:15	9	6:39	118	8:49	3.25	20:21	6:15	9	6:39	118	8:49
Lap 2	3.25	23:39	7:16	10	8:52	122	11:04	6.50	44:00	6:46	10	15:31	120	19:45
Last lap Finish	3.25	24:17	7:28	10	9:19	120	11:48	9.75	1:08:17	7:00	10	24:50	120	31:32