



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

ROTHÄMEL, Frank

Club: Haseltalläufer

Number: 186

Course: 9.75 km

10 km Lauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 1:09:46

Speed: 7.74 km/h

Running performance: 7:10 min/km

Rank in course/Total: 191 (of 215)

Rank in course/Men: 121 (of 134)

Best time in course: 36:45

Rank in category: 20(of 22)

Best time in the category: 38:19

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	20:20	6:15	20	8:10	117	8:48	3.25	20:20	6:15	20	8:10	117	8:48
Lap 2	3.25	23:13	7:08	20	10:13	119	10:38	6.50	43:33	6:41	20	18:23	118	19:18
Last lap Finish	3.25	26:13	8:03	21	13:12	125	13:44	9.75	1:09:46	7:09	20	31:27	121	33:01