



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

HELL, Roland

Club: BSG JVA Würzburg

Number: 70

Course: 9.75 km

10 km Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 1:13:06

Speed: 8.00 km/h

Running performance: 7:30 min/km

Rank in course/Total: 196 (of 215)

Rank in course/Men: 124 (of 134)

Best time in course: 36:45

Rank in category: 18(of 19)

Best time in the category: 40:23

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	23:29	7:13	19	10:34	129	11:57	3.25	23:29	7:13	19	10:34	129	11:57
Lap 2	3.25	24:28	7:31	18	10:50	123	11:53	6.50	47:57	7:22	18	21:24	123	23:42
Last lap Finish	3.25	25:09	7:44	18	11:19	123	12:40	9.75	1:13:06	7:29	18	32:43	124	36:21