



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

MOHRIG, Jochen

Club: Laufwerk Wü

Number: 151

Course: 9.75 km

10 km Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 42:34

Speed: 12.69 km/h

Running performance: 4:22 min/km

Rank in course/Total: 20 (of 215)

Rank in course/Men: 19 (of 134)

Best time in course: 36:45

Rank in category: 1(of 14)

Best time in the category: 42:34

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	13:39	4:12	1	-	20	2:07	3.25	13:39	4:12	1	-	20	2:07
Lap 2	3.25	14:28	4:27	1	-	19	1:53	6.50	28:07	4:19	1	-	21	3:52
Last lap Finish	3.25	14:27	4:26	1	-	20	1:58	9.75	42:34	4:21	1	-	19	5:49