



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

DYRKS, Ralf

Club: BSG Lülisdorf e.V.

Number: 33

Course: 9.75 km

10 km Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 1:16:06

Speed: 7.10 km/h

Running performance: 7:49 min/km

Rank in course/Total: 202 (of 215)

Rank in course/Men: 126 (of 134)

Best time in course: 36:45

Rank in category: 19(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	23:12	7:08	18	10:17	125	11:40	3.25	23:12	7:08	18	10:17	125	11:40	
Lap 2	3.25	24:51	7:38	19	11:13	126	12:16	6.50	48:03	7:23	19	21:30	124	23:48	
Last lap Finish	3.25	28:03	8:37	19	14:13	128	15:34	9.75	1:16:06	7:48	19	35:43	126	39:21	