



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

FICKERT, Manfred

Club: BSG Lülisdorf e.V.

Number: 39

Course: 9.75 km

10 km Lauf

Category:

Senioren M55 (55-59 Jahre)

Total time: 1:16:06

Speed: 7.10 km/h

Running performance: 7:49 min/km

Rank in course/Total: 203 (of 215)

Rank in course/Men: 126 (of 134)

Best time in course: 36:45

Rank in category: 11(of 11)

Best time in the category: 41:16

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	23:21	7:11	11	10:25	127	11:49	3.25	23:21	7:11	11	10:25	127	11:49
Lap 2	3.25	24:47	7:37	11	10:43	124	12:12	6.50	48:08	7:24	11	21:08	125	23:53
Last lap Finish	3.25	27:58	8:36	11	13:54	127	15:29	9.75	1:16:06	7:48	11	34:50	126	39:21