



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

NIEMANN, Norbert

Club: Niemänner

Number: 163

Course: 9.75 km

10 km Lauf

Category:

Senioren M75 (75-79 Jahre)

Total time: 1:20:01

Speed: 6.75 km/h

Running performance: 8:13 min/km

Rank in course/Total: 206 (of 215)

Rank in course/Men: 128 (of 134)

Best time in course: 36:45

Rank in category: 1(of 2)

Best time in the category: 1:20:01

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	24:23	7:30	1	-	131	12:51	3.25	24:23	7:30	1	-	131	12:51
Lap 2	3.25	27:01	8:18	1	-	129	14:26	6.50	51:24	7:54	1	-	129	27:09
Last lap Finish	3.25	28:37	8:48	2	0:40	129	16:08	9.75	1:20:01	8:12	1	-	128	43:16