



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

PANTKE, Uwe

Club: -

Number: 168

Course: 9.75 km

10 km Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 43:10

Speed: 12.51 km/h

Running performance: 4:26 min/km

Rank in course/Total: 25 (of 215)

Rank in course/Men: 23 (of 134)

Best time in course: 36:45

Rank in category: 2(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	12:56	3:58	2	0:01	14	1:24	3.25	12:56	3:58	2	0:01	14	1:24
Lap 2	3.25	14:41	4:31	2	1:03	23	2:06	6.50	27:37	4:14	2	1:04	17	3:22
Last lap Finish	3.25	15:33	4:47	3	1:43	33	3:04	9.75	43:10	4:25	2	2:47	23	6:25