



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

KROH, Christoph

Club: -

Number: 113

Course: 9.75 km

10 km Lauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 43:39

Speed: 12.37 km/h

Running performance: 4:29 min/km

Rank in course/Total: 28 (of 215)

Rank in course/Men: 26 (of 134)

Best time in course: 36:45

Rank in category: 4(of 22)

Best time in the category: 38:19

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Lap 1	3.25	14:26	4:26	3	2:16	32	2:54	3.25	14:26	4:26	3	2:16	32	2:54
Lap 2	3.25	15:00	4:36	4	2:00	30	2:25	6.50	29:26	4:31	4	4:16	30	5:11
Last lap Finish	3.25	14:13	4:22	4	1:12	16	1:44	9.75	43:39	4:28	4	5:20	26	6:54