



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

KILGUS, Martin

Club: -

Number: 99

Course: 9.75 km

10 km Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 44:00

Speed: 12.27 km/h

Running performance: 4:31 min/km

Rank in course/Total: 32 (of 215)

Rank in course/Men: 30 (of 134)

Best time in course: 36:45

Rank in category: 2(of 13)

Best time in the category: 37:13

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	13:41	4:12	2	2:09	21	2:09	3.25	13:41	4:12	2	2:09	21	2:09
Lap 2	3.25	14:46	4:32	2	2:03	25	2:11	6.50	28:27	4:22	2	4:12	25	4:12
Last lap Finish	3.25	15:33	4:47	3	2:35	33	3:04	9.75	44:00	4:30	2	6:47	30	7:15