



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

MÜLLER, Ralph-Thomas

Club: Team MaRaLeMi

Number: 158

Course: 9.75 km

10 km Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 43:39

Speed: 12.37 km/h

Running performance: 4:29 min/km

Rank in course/Total: 29 (of 215)

Rank in course/Men: 26 (of 134)

Best time in course: 36:45

Rank in category: 4(of 19)

Best time in the category: 37:34

Intermediate times

Stage score

Total ranking

Control	Intermediate times					Stage score				Total ranking					
	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Lap 1	3.25	13:23	4:07	3	1:37	18	1:51	3.25	13:23	4:07	3	1:37	18	1:51	
Lap 2	3.25	14:59	4:36	4	1:59	29	2:24	6.50	28:22	4:21	4	3:36	24	4:07	
Last lap Finish	3.25	15:17	4:42	5	2:29	30	2:48	9.75	43:39	4:28	4	6:05	26	6:54	