



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

SCHWABE, Ronny

Club: Team 100

Number: 214

Course: 9.75 km

10 km Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 44:54

Speed: 12.03 km/h

Running performance: 4:37 min/km

Rank in course/Total: 34 (of 215)

Rank in course/Men: 31 (of 134)

Best time in course: 36:45

Rank in category: 3(of 14)

Best time in the category: 42:34

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	13:54	4:16	3	0:15	27	2:22	3.25	13:54	4:16	3	0:15	27	2:22
Lap 2	3.25	15:12	4:40	3	0:44	31	2:37	6.50	29:06	4:28	3	0:59	29	4:51
Last lap Finish	3.25	15:48	4:51	3	1:21	35	3:19	9.75	44:54	4:36	3	2:20	31	8:09