



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

GLANDER, Karl-Heinz

Club: TV Königswinter

Number: 50

Course: 9.75 km

10 km Lauf

Category:

Senioren M70 (70-74 Jahre)

Total time: 45:27

Speed: 11.88 km/h

Running performance: 4:40 min/km

Rank in course/Total: 35 (of 215)

Rank in course/Men: 32 (of 134)

Best time in course: 36:45

Rank in category: 2(of 5)

Best time in the category: 43:14

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	14:35	4:29	2	0:52	38	3:03	3.25	14:35	4:29	2	0:52	38	3:03
Lap 2	3.25	15:39	4:48	2	1:02	33	3:04	6.50	30:14	4:39	2	1:54	33	5:59
Last lap Finish	3.25	15:13	4:40	2	0:19	29	2:44	9.75	45:27	4:39	2	2:13	32	8:42