



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

HELLER, Christian

Club: ASC Marktrodach

Number: 71

Course: 9.75 km

10 km Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 46:04

Speed: 12.70 km/h

Running performance: 4:43 min/km

Rank in course/Total: 38 (of 215)

Rank in course/Men: 35 (of 134)

Best time in course: 36:45

Rank in category: 5(of 19)

Best time in the category: 37:34

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	15:36	4:47	8	3:50	52	4:04	3.25	15:36	4:47	8	3:50	52	4:04
Lap 2	3.25	15:19	4:42	5	2:19	32	2:44	6.50	30:55	4:45	6	6:09	40	6:40
Last lap Finish	3.25	15:09	4:39	4	2:21	27	2:40	9.75	46:04	4:43	5	8:30	35	9:19