



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

TEMSCH, Jochen

Club: -

Number: 229

Course: 9.75 km

10 km Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 46:36

Speed: 11.59 km/h

Running performance: 4:47 min/km

Rank in course/Total: 39 (of 215)

Rank in course/Men: 36 (of 134)

Best time in course: 36:45

Rank in category: 6(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	14:25	4:26	5	2:39	31	2:53	3.25	14:25	4:26	5	2:39	31	2:53
Lap 2	3.25	15:50	4:52	6	2:50	38	3:15	6.50	30:15	4:39	5	5:29	35	6:00
Last lap Finish	3.25	16:21	5:01	7	3:33	42	3:52	9.75	46:36	4:46	6	9:02	36	9:51