



# 12. Kristall-Marathon

Merkers / 18.02.2018

## Detailed evaluation

**ARMBRUST, Patrick**

Club: Laufwerk Wü

Number: 4

Course: 9.75 km

10 km Lauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 46:53

Speed: 11.52 km/h

Running performance: 4:49 min/km

Rank in course/Total: 41 (of 215)

Rank in course/Men: 38 (of 134)

Best time in course: 36:45

Rank in category: 6(of 22)

Best time in the category: 38:19

### 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	14:40	4:30	8	2:30	41	3:08	3.25	14:40	4:30	8	2:30	41	3:08
Lap 2	3.25	15:58	4:54	7	2:58	40	3:23	6.50	30:38	4:42	7	5:28	39	6:23
Last lap Finish	3.25	16:15	5:00	5	3:14	41	3:46	9.75	46:53	4:48	6	8:34	38	10:08