



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

HÖRNING, Frank

Club: -

Number: 91

Course: 9.75 km

10 km Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 47:44

Speed: 11.31 km/h

Running performance: 4:54 min/km

Rank in course/Total: 46 (of 215)

Rank in course/Men: 42 (of 134)

Best time in course: 36:45

Rank in category: 7(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	15:04	4:38	6	3:18	43	3:32	3.25	15:04	4:38	6	3:18	43	3:32
Lap 2	3.25	16:35	5:06	7	3:35	47	4:00	6.50	31:39	4:52	7	6:53	42	7:24
Last lap Finish	3.25	16:05	4:56	6	3:17	39	3:36	9.75	47:44	4:53	7	10:10	42	10:59