



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

HENKELMANN, Volker

Club: -

Number: 73

Course: 9.75 km

10 km Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 48:30

Speed: 11.13 km/h

Running performance: 4:58 min/km

Rank in course/Total: 48 (of 215)

Rank in course/Men: 44 (of 134)

Best time in course: 36:45

Rank in category: 5(of 19)

Best time in the category: 40:23

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	15:34	4:47	5	2:39	51	4:02	3.25	15:34	4:47	5	2:39	51	4:02
Lap 2	3.25	16:16	5:00	5	2:38	42	3:41	6.50	31:50	4:53	5	5:17	44	7:35
Last lap Finish	3.25	16:40	5:07	6	2:50	48	4:11	9.75	48:30	4:58	5	8:07	44	11:45