



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

KÖSSEL, Franz

Club: WSV Asbach

Number: 106

Course: 9.75 km

10 km Lauf

Category:

männliche Jugend U20 (18-19 Jahre)

Total time: 48:31

Speed: 11.13 km/h

Running performance: 4:59 min/km

Rank in course/Total: 49 (of 215)

Rank in course/Men: 45 (of 134)

Best time in course: 36:45

Rank in category: 3(of 4)

Best time in the category: 37:15

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	14:46	4:32	3	3:06	42	3:14	3.25	14:46	4:32	3	3:06	42	3:14
Lap 2	3.25	17:12	5:17	3	4:06	60	4:37	6.50	31:58	4:55	3	7:12	50	7:43
Last lap Finish	3.25	16:33	5:05	3	4:04	47	4:04	9.75	48:31	4:58	3	11:16	45	11:46