



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

BALASCH, Udo

Club: Kittelsthal

Number: 8

Course: 9.75 km

10 km Lauf

Category:

Senioren M55 (55-59 Jahre)

Total time: 48:52

Speed: 11.05 km/h

Running performance: 5:01 min/km

Rank in course/Total: 52 (of 215)

Rank in course/Men: 48 (of 134)

Best time in course: 36:45

Rank in category: 4(of 11)

Best time in the category: 41:16

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	15:24	4:44	3	2:28	47	3:52	3.25	15:24	4:44	3	2:28	47	3:52
Lap 2	3.25	16:27	5:03	4	2:23	45	3:52	6.50	31:51	4:54	3	4:51	47	7:36
Last lap Finish	3.25	17:01	5:14	4	2:57	52	4:32	9.75	48:52	5:00	4	7:36	48	12:07