



# 12. Kristall-Marathon

Merkers / 18.02.2018

## Detailed evaluation

**APPEL, Manu**

Club: TSV Ausbach

Number: 2

Course: 9.75 km

10 km Lauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 49:02

Speed: 11.01 km/h

Running performance: 5:02 min/km

Rank in course/Total: 55 (of 215)

Rank in course/Men: 51 (of 134)

Best time in course: 36:45

Rank in category: 9(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	14:36	4:29	7	2:26	40	3:04	3.25	14:36	4:29	7	2:26	40	3:04
Lap 2	3.25	15:47	4:51	5	2:47	36	3:12	6.50	30:23	4:40	6	5:13	38	6:08
Last lap Finish	3.25	18:39	5:44	12	5:38	85	6:10	9.75	49:02	5:01	9	10:43	51	12:17