



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

HAMANN, Olaf

Club: Wartenberger SV

Number: 63

Course: 9.75 km

10 km Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 49:32

Speed: 11.81 km/h

Running performance: 5:05 min/km

Rank in course/Total: 62 (of 215)

Rank in course/Men: 54 (of 134)

Best time in course: 36:45

Rank in category: 8(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	15:13	4:40	7	3:27	46	3:41	3.25	15:13	4:40	7	3:27	46	3:41
Lap 2	3.25	16:37	5:06	8	3:37	48	4:02	6.50	31:50	4:53	8	7:04	44	7:35
Last lap Finish	3.25	17:42	5:26	11	4:54	67	5:13	9.75	49:32	5:04	8	11:58	54	12:47