



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

WEINAUGE, Hagen

Club: -

Number: 243

Course: 9.75 km

10 km Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 50:06

Speed: 10.78 km/h

Running performance: 5:08 min/km

Rank in course/Total: 66 (of 215)

Rank in course/Men: 57 (of 134)

Best time in course: 36:45

Rank in category: 9(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	15:36	4:47	8	3:50	52	4:04	3.25	15:36	4:47	8	3:50	52	4:04
Lap 2	3.25	17:08	5:16	9	4:08	58	4:33	6.50	32:44	5:02	9	7:58	55	8:29
Last lap Finish	3.25	17:22	5:20	9	4:34	59	4:53	9.75	50:06	5:08	9	12:32	57	13:21