



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

LOTZ, Sebastian

Club: TSV Ausbach

Number: 130

Course: 9.75 km

10 km Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 50:10

Speed: 10.76 km/h

Running performance: 5:09 min/km

Rank in course/Total: 67 (of 215)

Rank in course/Men: 58 (of 134)

Best time in course: 36:45

Rank in category: 5(of 13)

Best time in the category: 37:13

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total		Total		Total ranking	
						Pos Men	Behind Men	km	Time	min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Lap 1	3.25	16:09	4:58	4	4:37	64	4:37	3.25	16:09	4:58	4	4:37	64	4:37	
Lap 2	3.25	16:53	5:11	5	4:10	54	4:18	6.50	33:02	5:04	4	8:47	56	8:47	
Last lap Finish	3.25	17:08	5:16	5	4:10	56	4:39	9.75	50:10	5:08	5	12:57	58	13:25	