



# 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<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |
|-----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
|                 |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>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         |