



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

SCHWARZ, Frank

Club: -

Number: 216

Course: 9.75 km

10 km Lauf

Category:

Senioren M55 (55-59 Jahre)

Total time: 50:29

Speed: 10.70 km/h

Running performance: 5:11 min/km

Rank in course/Total: 69 (of 215)

Rank in course/Men: 60 (of 134)

Best time in course: 36:45

Rank in category: 6(of 11)

Best time in the category: 41:16

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	16:15	5:00	7	3:19	67	4:43	3.25	16:15	5:00	7	3:19	67	4:43
Lap 2	3.25	17:11	5:17	6	3:07	59	4:36	6.50	33:26	5:08	6	6:26	62	9:11
Last lap Finish	3.25	17:03	5:14	5	2:59	53	4:34	9.75	50:29	5:10	6	9:13	60	13:44