



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

KIRCHNER, Maik

Club: ? Für immer wir ?

Number: 100

Course: 9.75 km

10 km Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 50:30

Speed: 10.69 km/h

Running performance: 5:11 min/km

Rank in course/Total: 71 (of 215)

Rank in course/Men: 61 (of 134)

Best time in course: 36:45

Rank in category: 10(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	16:12	4:59	11	4:26	66	4:40	3.25	16:12	4:59	11	4:26	66	4:40
Lap 2	3.25	17:24	5:21	10	4:24	63	4:49	6.50	33:36	5:10	10	8:50	63	9:21
Last lap Finish	3.25	16:54	5:11	8	4:06	50	4:25	9.75	50:30	5:10	10	12:56	61	13:45