



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

BRADSCHEL, Dirk

Club: Bewegungs-Millionäre

Number: 21

Course: 9.75 km

10 km Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 52:08

Speed: 11.22 km/h

Running performance: 5:21 min/km

Rank in course/Total: 81 (of 215)

Rank in course/Men: 67 (of 134)

Best time in course: 36:45

Rank in category: 11(of 19)

Best time in the category: 40:23

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Lap 1	3.25	16:05	4:56	7	3:10	59	4:33	3.25	16:05	4:56	7	3:10	59	4:33
Lap 2	3.25	17:47	5:28	12	4:09	68	5:12	6.50	33:52	5:12	9	7:19	66	9:37
Last lap Finish	3.25	18:16	5:37	14	4:26	79	5:47	9.75	52:08	5:20	11	11:45	67	15:23