



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

ELZE, Sebastian

Club: -

Number: 34

Course: 9.75 km

10 km Lauf

Category:

Männer (20-29 Jahre)

Total time: 39:07

Speed: 13.80 km/h

Running performance: 4:01 min/km

Rank in course/Total: 8 (of 215)

Rank in course/Men: 8 (of 134)

Best time in course: 36:45

Rank in category: 2(of 9)

Best time in the category: 36:45

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	12:26	3:49	3	0:46	8	0:54	3.25	12:26	3:49	3	0:46	8	0:54
Lap 2	3.25	13:11	4:03	2	0:36	8	0:36	6.50	25:37	3:56	2	1:22	8	1:22
Last lap Finish	3.25	13:30	4:09	2	1:00	9	1:01	9.75	39:07	4:00	2	2:22	8	2:22