



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

APPEL, Marco

Club: TSV Ausbach

Number: 3

Course: 9.75 km

10 km Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 52:27

Speed: 10.30 km/h

Running performance: 5:23 min/km

Rank in course/Total: 85 (of 215)

Rank in course/Men: 68 (of 134)

Best time in course: 36:45

Rank in category: 7(of 14)

Best time in the category: 42:34

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	16:06	4:57	7	2:27	61	4:34	3.25	16:06	4:57	7	2:27	61	4:34
Lap 2	3.25	17:52	5:29	7	3:24	71	5:17	6.50	33:58	5:13	7	5:51	68	9:43
Last lap Finish	3.25	18:29	5:41	8	4:02	81	6:00	9.75	52:27	5:22	7	9:53	68	15:42