



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

KÖSSEL, Thoralf

Club: WSV Asbach

Number: 108

Course: 9.75 km

10 km Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 50:48

Speed: 11.52 km/h

Running performance: 5:13 min/km

Rank in course/Total: 73 (of 215)

Rank in course/Men: 63 (of 134)

Best time in course: 36:45

Rank in category: 7(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 ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	3.25	16:11	4:58	9	3:16	65	4:39	3.25	16:11	4:58	9	3:16	65	4:39
Lap 2	3.25	17:30	5:23	9	3:52	65	4:55	6.50	33:41	5:10	8	7:08	64	9:26
Last lap Finish	3.25	17:07	5:15	8	3:17	54	4:38	9.75	50:48	5:12	7	10:25	63	14:03