



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

HENKEL, Frank

Club: -

Number: 72

Course: 9.75 km

10 km Lauf

Category:

Senioren M55 (55-59 Jahre)

Total time: 53:49

Speed: 10.03 km/h

Running performance: 5:31 min/km

Rank in course/Total: 95 (of 215)

Rank in course/Men: 76 (of 134)

Best time in course: 36:45

Rank in category: 9(of 11)

Best time in the category: 41:16

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	17:18	5:19	9	4:22	81	5:46	3.25	17:18	5:19	9	4:22	81	5:46
Lap 2	3.25	18:16	5:37	8	4:12	78	5:41	6.50	35:34	5:28	9	8:34	76	11:19
Last lap Finish	3.25	18:15	5:36	8	4:11	76	5:46	9.75	53:49	5:31	9	12:33	76	17:04