



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

MIKULA, Stefan

Club: BSG JVA Würzburg

Number: 147

Course: 9.75 km

10 km Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 54:02

Speed: 9.99 km/h

Running performance: 5:32 min/km

Rank in course/Total: 99 (of 215)

Rank in course/Men: 77 (of 134)

Best time in course: 36:45

Rank in category: 12(of 19)

Best time in the category: 37:34

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	17:44	5:27	15	5:58	90	6:12	3.25	17:44	5:27	15	5:58	90	6:12
Lap 2	3.25	18:16	5:37	13	5:16	78	5:41	6.50	36:00	5:32	12	11:14	82	11:45
Last lap Finish	3.25	18:02	5:32	12	5:14	68	5:33	9.75	54:02	5:32	12	16:28	77	17:17