



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Koch, Dominik

Club: TV Barchfeld/Rennsteiglaufverein LG Süd
Number: 90

Course: 9.75 km
10 km Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 34:17

Speed: 15.75 km/h
Running performance: 3:31 min/km

Rank in course/Total: 1 (of 181)

Rank in course/Men: 1 (of 122)

Best time in course: 34:17

Rank in category: 1(of 15)

Best time in the category: 34:17

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	11:25	3:30	1	-	1	-	3.25	11:25	3:30	1	-	1	-
Lap 2	3.25	11:29	3:31	1	-	1	-	6.50	22:54	3:31	1	-	1	-
Last lap Finish	3.25	11:23	3:30	1	-	1	-	9.75	34:17	3:30	1	-	1	-