



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Burghard, Gerhard

Club: Lg Mauerweg Berlin,eV

Number: 20

Course: 9.75 km

10 km Lauf

Category:

Senioren M55 (55-59 Jahre)

Total time: 55:58

Speed: 9.65 km/h

Running performance: 5:44 min/km

Rank in course/Total: 102 (of 181)

Rank in course/Men: 82 (of 122)

Best time in course: 34:17

Rank in category: 7(of 10)

Best time in the category: 46:40

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	19:04	5:51	7	4:13	94	7:39	3.25	19:04	5:51	7	4:13	94	7:39
Lap 2	3.25	18:29	5:41	7	2:12	75	7:00	6.50	37:33	5:46	7	6:25	88	14:39
Last lap Finish	3.25	18:25	5:40	7	2:53	74	7:02	9.75	55:58	5:44	7	9:18	82	21:41