



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Herrmann, Holger

Club: Georgenthal

Number: 65

Course: 9.75 km

10 km Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 56:25

Speed: 10.37 km/h

Running performance: 5:47 min/km

Rank in course/Total: 105 (of 181)

Rank in course/Men: 84 (of 122)

Best time in course: 34:17

Rank in category: 9(of 16)

Best time in the category: 42:27

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	17:25	5:21	9	3:33	71	6:00	3.25	17:25	5:21	9	3:33	71	6:00
Lap 2	3.25	19:20	5:56	9	5:07	86	7:51	6.50	36:45	5:39	9	8:40	78	13:51
Last lap Finish	3.25	19:40	6:03	11	5:18	92	8:17	9.75	56:25	5:47	9	13:58	84	22:08