



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Huttel, Frank

Club: team-naunheim.de

Number: 73

Course: 9.75 km

10 km Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 56:34

Speed: 9.55 km/h

Running performance: 5:48 min/km

Rank in course/Total: 107 (of 181)

Rank in course/Men: 85 (of 122)

Best time in course: 34:17

Rank in category: 14(of 17)

Best time in the category: 43:09

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	17:52	5:29	12	3:59	78	6:27	3.25	17:52	5:29	12	3:59	78	6:27
Lap 2	3.25	19:10	5:53	14	4:25	84	7:41	6.50	37:02	5:41	14	8:24	81	14:08
Last lap Finish	3.25	19:32	6:00	14	5:01	90	8:09	9.75	56:34	5:48	14	13:25	85	22:17