



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Mecke, Benjamin

Club: Göttingen

Number: 113

Course: 9.75 km

10 km Lauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 40:34

Speed: 14.42 km/h

Running performance: 4:10 min/km

Rank in course/Total: 12 (of 181)

Rank in course/Men: 11 (of 122)

Best time in course: 34:17

Rank in category: 3(of 16)

Best time in the category: 39:02

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	12:55	3:58	2	0:01	10	1:30	3.25	12:55	3:58	2	0:01	10	1:30
Lap 2	3.25	13:35	4:10	3	0:28	10	2:06	6.50	26:30	4:04	3	0:15	10	3:36
Last lap Finish	3.25	14:04	4:19	3	1:17	12	2:41	9.75	40:34	4:09	3	1:32	11	6:17