



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Holtkamp, Christian

Club: TV Königswinter

Number: 68

Course: 9.75 km

10 km Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 57:13

Speed: 9.44 km/h

Running performance: 5:52 min/km

Rank in course/Total: 111 (of 181)

Rank in course/Men: 88 (of 122)

Best time in course: 34:17

Rank in category: 12(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	17:46	5:28	11	6:21	76	6:21	3.25	17:46	5:28	11	6:21	76	6:21
Lap 2	3.25	19:32	6:00	11	8:03	90	8:03	6.50	37:18	5:44	11	14:24	83	14:24
Last lap Finish	3.25	19:55	6:07	13	8:32	95	8:32	9.75	57:13	5:52	12	22:56	88	22:56