



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Müller, Jörg

Club: Die Seitenstecher

Number: 128

Course: 9.75 km

10 km Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 57:27

Speed: 9.40 km/h

Running performance: 5:53 min/km

Rank in course/Total: 114 (of 181)

Rank in course/Men: 89 (of 122)

Best time in course: 34:17

Rank in category: 11(of 16)

Best time in the category: 39:21

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	18:45	5:46	12	5:57	92	7:20	3.25	18:45	5:46	12	5:57	92	7:20	
Lap 2	3.25	19:15	5:55	11	5:54	85	7:46	6.50	38:00	5:50	11	11:51	91	15:06	
Last lap Finish	3.25	19:27	5:59	11	6:15	89	8:04	9.75	57:27	5:53	11	18:06	89	23:10	