



# 10. Kristall-Marathon

Merkers / 14.02.2016

## Detailed evaluation

**Kappler, Thomas**

Club: SG Indersdorf

Number: 79

Course: 9.75 km

10 km Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 56:43

Speed: 9.52 km/h

Running performance: 5:49 min/km

Rank in course/Total: 109 (of 181)

Rank in course/Men: 87 (of 122)

Best time in course: 34:17

Rank in category: 11(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	17:32	5:23	10	6:07	74	6:07	3.25	17:32	5:23	10	6:07	74	6:07
Lap 2	3.25	19:52	6:06	12	8:23	94	8:23	6.50	37:24	5:45	12	14:30	87	14:30
Last lap Finish	3.25	19:19	5:56	10	7:56	86	7:56	9.75	56:43	5:49	11	22:26	87	22:26