



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Garbukas, Klaus-Dieter

Club: Gotha

Number: 41

Course: 9.75 km

10 km Lauf

Category:

Senioren M60 (60-64 Jahre)

Total time: 57:42

Speed: 9.36 km/h

Running performance: 5:55 min/km

Rank in course/Total: 116 (of 181)

Rank in course/Men: 90 (of 122)

Best time in course: 34:17

Rank in category: 6(of 10)

Best time in the category: 50:32

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	17:54	5:30	4	1:07	80	6:29	3.25	17:54	5:30	4	1:07	80	6:29
Lap 2	3.25	19:59	6:08	7	2:55	98	8:30	6.50	37:53	5:49	6	4:02	89	14:59
Last lap Finish	3.25	19:49	6:05	7	3:08	93	8:26	9.75	57:42	5:55	6	7:10	90	23:25