



# 10. Kristall-Marathon

Merkers / 14.02.2016

## Detailed evaluation

Lüningschrör, Dietmar

Club: LG Burg Wiedenbrück

Number: 107

Course: 9.75 km

10 km Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 58:21

Speed: 10.03 km/h

Running performance: 5:59 min/km

Rank in course/Total: 121 (of 181)

Rank in course/Men: 92 (of 122)

Best time in course: 34:17

Rank in category: 10(of 16)

Best time in the category: 42:27

## Intermediate times

## Stage score

## Total ranking

| Control         | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men | Total<br>km | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |
|-----------------|-------------|---------------|-----------------|-------------|----------------|------------|---------------|-------------|---------------|-----------------|-------------|----------------|------------|---------------|
| Lap 1           | 3.25        | 19:15         | 5:55            | 11          | 5:23           | 95         | 7:50          | 3.25        | 19:15         | 5:55            | 11          | 5:23           | 95         | 7:50          |
| Lap 2           | 3.25        | 19:58         | 6:08            | 11          | 5:45           | 97         | 8:29          | 6.50        | 39:13         | 6:01            | 11          | 11:08          | 96         | 16:19         |
| Last lap Finish | 3.25        | 19:08         | 5:53            | 10          | 4:46           | 83         | 7:45          | 9.75        | 58:21         | 5:59            | 10          | 15:54          | 92         | 24:04         |