



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Müller, Jens

Club: DJK Teutonia Gaustadt

Number: 127

Course: 9.75 km

10 km Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 41:28

Speed: 13.02 km/h

Running performance: 4:15 min/km

Rank in course/Total: 13 (of 181)

Rank in course/Men: 12 (of 122)

Best time in course: 34:17

Rank in category: 2(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 | 13:12 | 4:03 | 2 | 0:24 | 12 | 1:47 | 3.25 | 13:12 | 4:03 | 2 | 0:24 | 12 | 1:47 |
| Lap 2 | 3.25 | 14:02 | 4:19 | 2 | 0:41 | 12 | 2:33 | 6.50 | 27:14 | 4:11 | 2 | 1:05 | 12 | 4:20 |
| Last lap Finish | 3.25 | 14:14 | 4:22 | 3 | 1:02 | 13 | 2:51 | 9.75 | 41:28 | 4:15 | 2 | 2:07 | 12 | 7:11 |