



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Sandrock, Dirk

Club: Kassel

Number: 158

Course: 9.75 km

10 km Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 58:35

Speed: 9.22 km/h

Running performance: 6:01 min/km

Rank in course/Total: 125 (of 181)

Rank in course/Men: 94 (of 122)

Best time in course: 34:17

Rank in category: 11(of 16)

Best time in the category: 42:27

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	18:51	5:48	10	4:59	93	7:26	3.25	18:51	5:48	10	4:59	93	7:26
Lap 2	3.25	19:54	6:07	10	5:41	96	8:25	6.50	38:45	5:57	10	10:40	93	15:51
Last lap Finish	3.25	19:50	6:06	12	5:28	94	8:27	9.75	58:35	6:00	11	16:08	94	24:18