



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Bennewitz, Jürgen

Club: Thüringer Waldquell

Number: 114

Course: 9.75 km

10 km Lauf

Category:

Senioren M60 (60-64 Jahre)

Total time: 58:39

Speed: 9.21 km/h

Running performance: 6:01 min/km

Rank in course/Total: 126 (of 181)

Rank in course/Men: 95 (of 122)

Best time in course: 34:17

Rank in category: 7(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	19:38	6:02	7	2:51	101	8:13	3.25	19:38	6:02	7	2:51	101	8:13
Lap 2	3.25	19:53	6:07	6	2:49	95	8:24	6.50	39:31	6:04	7	5:40	98	16:37
Last lap Finish	3.25	19:08	5:53	5	2:27	83	7:45	9.75	58:39	6:00	7	8:07	95	24:22