



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Köbelin, Frieder

Club: VfL Wampenhäusen

Number: 87

Course: 9.75 km

10 km Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 59:18

Speed: 9.87 km/h

Running performance: 6:05 min/km

Rank in course/Total: 132 (of 181)

Rank in course/Men: 99 (of 122)

Best time in course: 34:17

Rank in category: 14(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 | 19:33 | 6:00 | 13 | 6:45 | 99 | 8:08 | 3.25 | 19:33 | 6:00 | 13 | 6:45 | 99 | 8:08 |
| Lap 2 | 3.25 | 19:32 | 6:00 | 13 | 6:11 | 90 | 8:03 | 6.50 | 39:05 | 6:00 | 14 | 12:56 | 95 | 16:11 |
| Last lap Finish | 3.25 | 20:13 | 6:13 | 13 | 7:01 | 99 | 8:50 | 9.75 | 59:18 | 6:04 | 14 | 19:57 | 99 | 25:01 |