



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: 9.11 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