



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Dascarolis, Rolf

Club: Sankt Augustin

Number: 24

Course: 9.75 km

10 km Lauf

Category:

Senioren M55 (55-59 Jahre)

Total time: 1:00:11

Speed: 8.97 km/h

Running performance: 6:10 min/km

Rank in course/Total: 135 (of 181)

Rank in course/Men: 101 (of 122)

Best time in course: 34:17

Rank in category: 9(of 10)

Best time in the category: 46:40

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	19:44	6:04	8	4:53	102	8:19	3.25	19:44	6:04	8	4:53	102	8:19
Lap 2	3.25	20:08	6:11	9	3:51	101	8:39	6.50	39:52	6:08	8	8:44	99	16:58
Last lap Finish	3.25	20:19	6:15	9	4:47	102	8:56	9.75	1:00:11	6:10	9	13:31	101	25:54