



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Köhler, Mark

Club: Taunusstein

Number: 92

Course: 9.75 km

10 km Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 1:00:15

Speed: 8.96 km/h

Running performance: 6:11 min/km

Rank in course/Total: 136 (of 181)

Rank in course/Men: 102 (of 122)

Best time in course: 34:17

Rank in category: 15(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	19:52	6:06	16	7:04	104	8:27	3.25	19:52	6:06	16	7:04	104	8:27
Lap 2	3.25	20:07	6:11	15	6:46	100	8:38	6.50	39:59	6:09	15	13:50	101	17:05
Last lap Finish	3.25	20:16	6:14	15	7:04	101	8:53	9.75	1:00:15	6:10	15	20:54	102	25:58