



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Seyfert, Andreas

Club: Taunusstein

Number: 173

Course: 9.75 km

10 km Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 58:22

Speed: 9.25 km/h

Running performance: 5:59 min/km

Rank in course/Total: 123 (of 181)

Rank in course/Men: 93 (of 122)

Best time in course: 34:17

Rank in category: 15(of 17)

Best time in the category: 43:09

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	18:27	5:40	15	4:34	87	7:02	3.25	18:27	5:40	15	4:34	87	7:02
Lap 2	3.25	19:29	5:59	15	4:44	88	8:00	6.50	37:56	5:50	15	9:18	90	15:02
Last lap Finish	3.25	20:26	6:17	15	5:55	103	9:03	9.75	58:22	5:59	15	15:13	93	24:05