



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Nagorny, Kevin

Club: Speedy Snails

Number: 130

Course: 9.75 km

10 km Lauf

Category:

Männer (20-29 Jahre)

Total time: 1:01:51

Speed: 8.73 km/h

Running performance: 6:20 min/km

Rank in course/Total: 143 (of 181)

Rank in course/Men: 103 (of 122)

Best time in course: 34:17

Rank in category: 10(of 12)

Best time in the category: 37:06

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Lap 1	3.25	19:32	6:00	10	7:37	98	8:07	3.25	19:32	6:00	10	7:37	98	8:07
Lap 2	3.25	21:13	6:31	11	8:36	104	9:44	6.50	40:45	6:16	10	16:13	104	17:51
Last lap Finish	3.25	21:06	6:29	11	8:32	107	9:43	9.75	1:01:51	6:20	10	24:45	103	27:34