



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Wobst, Denis

Club: Massenei-Runners

Number: 449

Course: 9.75 km

10 km Lauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 1:02:13

Speed: 9.40 km/h

Running performance: 6:23 min/km

Rank in course/Total: 148 (of 181)

Rank in course/Men: 106 (of 122)

Best time in course: 34:17

Rank in category: 15(of 16)

Best time in the category: 39:02

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	20:28	6:17	15	7:34	110	9:03	3.25	20:28	6:17	15	7:34	110	9:03
Lap 2	3.25	21:33	6:37	14	8:26	106	10:04	6.50	42:01	6:27	15	15:46	108	19:07
Last lap Finish	3.25	20:12	6:12	14	7:25	98	8:49	9.75	1:02:13	6:22	15	23:11	106	27:56