



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Naar, Jonathan

Club: FFW Gleichen

Number: 129

Course: 9.75 km

10 km Lauf

Category:

Männer (20-29 Jahre)

Total time: 42:40

Speed: 12.66 km/h

Running performance: 4:23 min/km

Rank in course/Total: 16 (of 181)

Rank in course/Men: 15 (of 122)

Best time in course: 34:17

Rank in category: 5(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 ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	3.25	13:57	4:17	5	2:02	19	2:32	3.25	13:57	4:17	5	2:02	19	2:32
Lap 2	3.25	14:25	4:26	5	1:48	15	2:56	6.50	28:22	4:21	5	3:50	16	5:28
Last lap Finish	3.25	14:18	4:24	5	1:44	14	2:55	9.75	42:40	4:22	5	5:34	15	8:23