



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Heide, Peter

Club: Schmalkalder LV

Number: 58

Course: 9.75 km

10 km Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 1:04:28

Speed: 8.38 km/h

Running performance: 6:37 min/km

Rank in course/Total: 155 (of 181)

Rank in course/Men: 109 (of 122)

Best time in course: 34:17

Rank in category: 14(of 16)

Best time in the category: 42:27

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	20:10	6:12	14	6:18	107	8:45	3.25	20:10	6:12	14	6:18	107	8:45
Lap 2	3.25	21:38	6:39	14	7:25	107	10:09	6.50	41:48	6:25	14	13:43	107	18:54
Last lap Finish	3.25	22:40	6:58	15	8:18	112	11:17	9.75	1:04:28	6:36	14	22:01	109	30:11