



# 10. Kristall-Marathon

Merkers / 14.02.2016

## Detailed evaluation

**Doering, Thomas**

Club: P&G Running

Number: 27

Course: 9.75 km

10 km Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 1:05:59

Speed: 8.87 km/h

Running performance: 6:46 min/km

Rank in course/Total: 157 (of 181)

Rank in course/Men: 110 (of 122)

Best time in course: 34:17

Rank in category: 15(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		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Lap 1	3.25	20:26	6:17	15	6:34	108	9:01	3.25	20:26	6:17	15	6:34	108	9:01
Lap 2	3.25	24:53	7:39	15	10:40	116	13:24	6.50	45:19	6:58	15	17:14	114	22:25
Last lap Finish	3.25	20:40	6:21	13	6:18	105	9:17	9.75	1:05:59	6:46	15	23:32	110	31:42