



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Jensen, Tim

Club: P&G Running

Number: 75

Course: 9.75 km

10 km Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:06:00

Speed: 8.86 km/h

Running performance: 6:46 min/km

Rank in course/Total: 158 (of 181)

Rank in course/Men: 111 (of 122)

Best time in course: 34:17

Rank in category: 16(of 17)

Best time in the category: 43:09

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	20:27	6:17	16	6:34	109	9:02	3.25	20:27	6:17	16	6:34	109	9:02
Lap 2	3.25	24:53	7:39	16	10:08	116	13:24	6.50	45:20	6:58	16	16:42	115	22:26
Last lap Finish	3.25	20:40	6:21	16	6:09	105	9:17	9.75	1:06:00	6:46	16	22:51	111	31:43