



# 10. Kristall-Marathon

Merkers / 14.02.2016

## Detailed evaluation

Rollmann, Wolfgang

Club: TeamLOS

Number: 153

Course: 9.75 km

10 km Lauf

Category:

Senioren M60 (60-64 Jahre)

Total time: 1:06:28

Speed: 8.12 km/h

Running performance: 6:49 min/km

Rank in course/Total: 161 (of 181)

Rank in course/Men: 112 (of 122)

Best time in course: 34:17

Rank in category: 8(of 10)

Best time in the category: 50:32

### 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	21:46	6:41	8	4:59	116	10:21	3.25	21:46	6:41	8	4:59	116	10:21
Lap 2	3.25	22:38	6:57	8	5:34	111	11:09	6.50	44:24	6:49	8	10:33	113	21:30
Last lap Finish	3.25	22:04	6:47	8	5:23	110	10:41	9.75	1:06:28	6:49	8	15:56	112	32:11