



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Ploetzener, Andreas

Club: dirtrun.company

Number: 144

Course: 9.75 km

10 km Lauf

Category:

Männer (20-29 Jahre)

Total time: 1:06:55

Speed: 8.07 km/h

Running performance: 6:52 min/km

Rank in course/Total: 162 (of 181)

Rank in course/Men: 113 (of 122)

Best time in course: 34:17

Rank in category: 12(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	20:43	6:22	11	8:48	112	9:18	3.25	20:43	6:22	11	8:48	112	9:18
Lap 2	3.25	22:20	6:52	12	9:43	110	10:51	6.50	43:03	6:37	12	18:31	110	20:09
Last lap Finish	3.25	23:52	7:20	12	11:18	116	12:29	9.75	1:06:55	6:51	12	29:49	113	32:38