



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Bodenheimer, Jörg

Club: Taunusstein

Number: 13

Course: 9.75 km

10 km Lauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 1:07:10

Speed: 8.04 km/h

Running performance: 6:53 min/km

Rank in course/Total: 164 (of 181)

Rank in course/Men: 114 (of 122)

Best time in course: 34:17

Rank in category: 16(of 16)

Best time in the category: 39:02

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	20:48	6:24	16	7:54	113	9:23	3.25	20:48	6:24	16	7:54	113	9:23
Lap 2	3.25	23:08	7:07	16	10:01	114	11:39	6.50	43:56	6:45	16	17:41	112	21:02
Last lap Finish	3.25	23:14	7:08	16	10:27	114	11:51	9.75	1:07:10	6:53	16	28:08	114	32:53