



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Birkholz, Siegfried

Club: Kaufungen

Number: 10

Course: 9.75 km

10 km Lauf

Category:

Senioren M55 (55-59 Jahre)

Total time: 1:13:48

Speed: 7.32 km/h

Running performance: 7:34 min/km

Rank in course/Total: 176 (of 181)

Rank in course/Men: 119 (of 122)

Best time in course: 34:17

Rank in category: 10(of 10)

Best time in the category: 46:40

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 | 22:57 | 7:03 | 10 | 8:06 | 118 | 11:32 | 3.25 | 22:57 | 7:03 | 10 | 8:06 | 118 | 11:32 |
| Lap 2 | 3.25 | 25:05 | 7:43 | 10 | 8:48 | 118 | 13:36 | 6.50 | 48:02 | 7:23 | 10 | 16:54 | 118 | 25:08 |
| Last lap Finish | 3.25 | 25:46 | 7:55 | 10 | 10:14 | 120 | 14:23 | 9.75 | 1:13:48 | 7:34 | 10 | 27:08 | 119 | 39:31 |