



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: 7.93 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		Total		Total		Total ranking	
						Pos Men	Behind Men	km	Time	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	