



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Strothmann, Nils

Club: LC Solbad Ravensberg

Number: 180

Course: 9.75 km

10 km Lauf

Category:

männliche Jugend U20 (18-19 Jahre)

Total time: 43:21

Speed: 13.49 km/h

Running performance: 4:27 min/km

Rank in course/Total: 20 (of 181)

Rank in course/Men: 19 (of 122)

Best time in course: 34:17

Rank in category: 2(of 2)

Best time in the category: 34:31

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	14:05	4:20	2	2:40	22	2:40	3.25	14:05	4:20	2	2:40	22	2:40
Lap 2	3.25	14:29	4:27	2	3:00	16	3:00	6.50	28:34	4:23	2	5:40	19	5:40
Last lap Finish	3.25	14:47	4:32	2	3:10	18	3:24	9.75	43:21	4:26	2	8:50	19	9:04