



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Hundeloh, Paul Moritz

Club: LC Solbad Ravensberg

Number: 72

Course: 9.75 km

10 km Lauf

Category:

männliche Jugend U20 (18-19 Jahre)

Total time: 34:31

Speed: 15.64 km/h

Running performance: 3:32 min/km

Rank in course/Total: 2 (of 181)

Rank in course/Men: 2 (of 122)

Best time in course: 34:17

Rank in category: 1(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 | 11:25 | 3:30 | 1 | - | 1 | - | 3.25 | 11:25 | 3:30 | 1 | - | 1 | - |
| Lap 2 | 3.25 | 11:29 | 3:31 | 1 | - | 1 | - | 6.50 | 22:54 | 3:31 | 1 | - | 1 | - |
| Last lap Finish | 3.25 | 11:37 | 3:34 | 1 | - | 2 | 0:14 | 9.75 | 34:31 | 3:32 | 1 | - | 2 | 0:14 |