



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Schönau, Michael

Club: Vitusteam

Number: 168

Course: 9.75 km

10 km Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 43:25

Speed: 12.44 km/h

Running performance: 4:27 min/km

Rank in course/Total: 22 (of 181)

Rank in course/Men: 21 (of 122)

Best time in course: 34:17

Rank in category: 5(of 15)

Best time in the category: 34:17

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	13:58	4:17	5	2:33	20	2:33	3.25	13:58	4:17	5	2:33	20	2:33
Lap 2	3.25	14:32	4:28	3	3:03	18	3:03	6.50	28:30	4:23	4	5:36	17	5:36
Last lap Finish	3.25	14:55	4:35	5	3:32	21	3:32	9.75	43:25	4:27	5	9:08	21	9:08