



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Weilbeer, Mirko

Club: Meuchelmörder

Number: 196

Course: 9.75 km

10 km Lauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 44:20

Speed: 12.18 km/h

Running performance: 4:33 min/km

Rank in course/Total: 24 (of 181)

Rank in course/Men: 23 (of 122)

Best time in course: 34:17

Rank in category: 4(of 16)

Best time in the category: 39:02

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	4	1:04	20	2:33	3.25	13:58	4:17	4	1:04	20	2:33
Lap 2	3.25	15:14	4:41	6	2:07	26	3:45	6.50	29:12	4:29	4	2:57	23	6:18
Last lap Finish	3.25	15:08	4:39	6	2:21	24	3:45	9.75	44:20	4:32	4	5:18	23	10:03