



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Hollandt, Ralf

Club: WSV 07 Kleinschmalkalden

Number: 67

Course: 9.75 km

10 km Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 44:42

Speed: 12.08 km/h

Running performance: 4:35 min/km

Rank in course/Total: 25 (of 181)

Rank in course/Men: 24 (of 122)

Best time in course: 34:17

Rank in category: 6(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	14:26	4:26	7	3:01	26	3:01	3.25	14:26	4:26	7	3:01	26	3:01
Lap 2	3.25	15:07	4:39	6	3:38	23	3:38	6.50	29:33	4:32	6	6:39	25	6:39
Last lap Finish	3.25	15:09	4:39	6	3:46	25	3:46	9.75	44:42	4:35	6	10:25	24	10:25