



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Glander, Karl-Heinz

Club: TV Königswinter

Number: 47

Course: 9.75 km

10 km Lauf

Category:

Senioren M65 (65-69 Jahre)

Total time: 44:47

Speed: 13.06 km/h

Running performance: 4:35 min/km

Rank in course/Total: 26 (of 181)

Rank in course/Men: 25 (of 122)

Best time in course: 34:17

Rank in category: 1(of 4)

Best time in the category: 44:47

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	14:11	4:21	1	-	23	2:46	3.25	14:11	4:21	1	-	23	2:46
Lap 2	3.25	15:20	4:43	1	-	27	3:51	6.50	29:31	4:32	1	-	24	6:37
Last lap Finish	3.25	15:16	4:41	1	-	27	3:53	9.75	44:47	4:35	1	-	25	10:30