



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Pfeiler, Frank

Club: Dirty Landeckers

Number: 142

Course: 9.75 km

10 km Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 46:14

Speed: 12.65 km/h

Running performance: 4:44 min/km

Rank in course/Total: 30 (of 181)

Rank in course/Men: 28 (of 122)

Best time in course: 34:17

Rank in category: 7(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	15:10	4:39	8	3:45	36	3:45	3.25	15:10	4:39	8	3:45	36	3:45
Lap 2	3.25	15:32	4:46	7	4:03	31	4:03	6.50	30:42	4:43	8	7:48	32	7:48
Last lap Finish	3.25	15:32	4:46	7	4:09	30	4:09	9.75	46:14	4:44	7	11:57	28	11:57