



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Geisemeier, Jan

Club: LC Solbad Ravensberg

Number: 43

Course: 9.75 km

10 km Lauf

Category:

Männer (20-29 Jahre)

Total time: 37:06

Speed: 15.77 km/h

Running performance: 3:49 min/km

Rank in course/Total: 3 (of 181)

Rank in course/Men: 3 (of 122)

Best time in course: 34:17

Rank in category: 1(of 12)

Best time in the category: 37:06

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	11:55	3:39	1	-	3	0:30	3.25	11:55	3:39	1	-	3	0:30
Lap 2	3.25	12:37	3:52	1	-	3	1:08	6.50	24:32	3:46	1	-	3	1:38
Last lap Finish	3.25	12:34	3:52	1	-	3	1:11	9.75	37:06	3:48	1	-	3	2:49