



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Pantke, Uwe

Club: SG Eisdorf

Number: 137

Course: 9.75 km

10 km Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 46:18

Speed: 12.63 km/h

Running performance: 4:45 min/km

Rank in course/Total: 31 (of 181)

Rank in course/Men: 29 (of 122)

Best time in course: 34:17

Rank in category: 2(of 16)

Best time in the category: 42:27

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	14:16	4:23	2	0:24	25	2:51	3.25	14:16	4:23	2	0:24	25	2:51
Lap 2	3.25	15:42	4:49	2	1:29	33	4:13	6.50	29:58	4:36	2	1:53	27	7:04
Last lap Finish	3.25	16:20	5:01	3	1:58	41	4:57	9.75	46:18	4:44	2	3:51	29	12:01