



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Grützmacher, Ansgar

Club: Vitusteam

Number: 51

Course: 9.75 km

10 km Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 46:31

Speed: 11.61 km/h

Running performance: 4:46 min/km

Rank in course/Total: 32 (of 181)

Rank in course/Men: 30 (of 122)

Best time in course: 34:17

Rank in category: 2(of 17)

Best time in the category: 43:09

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	14:43	4:31	2	0:50	30	3:18	3.25	14:43	4:31	2	0:50	30	3:18
Lap 2	3.25	15:39	4:48	2	0:54	32	4:10	6.50	30:22	4:40	2	1:44	29	7:28
Last lap Finish	3.25	16:09	4:58	3	1:38	38	4:46	9.75	46:31	4:46	2	3:22	30	12:14