



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Schlichtig, Karl

Club: DJK Teutonia Gaustadt

Number: 161

Course: 9.75 km

10 km Lauf

Category:

Senioren M55 (55-59 Jahre)

Total time: 46:40

Speed: 11.57 km/h

Running performance: 4:47 min/km

Rank in course/Total: 35 (of 181)

Rank in course/Men: 32 (of 122)

Best time in course: 34:17

Rank in category: 1(of 10)

Best time in the category: 46:40

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 | 14:51 | 4:34 | 1 | - | 32 | 3:26 | 3.25 | 14:51 | 4:34 | 1 | - | 32 | 3:26 |
| Lap 2 | 3.25 | 16:17 | 5:00 | 1 | - | 38 | 4:48 | 6.50 | 31:08 | 4:47 | 1 | - | 35 | 8:14 |
| Last lap Finish | 3.25 | 15:32 | 4:46 | 1 | - | 30 | 4:09 | 9.75 | 46:40 | 4:47 | 1 | - | 32 | 12:23 |