



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