



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Konkel, Michael

Club: USC Bochum

Number: 93

Course: 9.75 km

10 km Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 46:45

Speed: 12.51 km/h

Running performance: 4:47 min/km

Rank in course/Total: 36 (of 181)

Rank in course/Men: 33 (of 122)

Best time in course: 34:17

Rank in category: 5(of 16)

Best time in the category: 39:21

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	14:48	4:33	6	2:00	31	3:23	3.25	14:48	4:33	6	2:00	31	3:23
Lap 2	3.25	15:50	4:52	5	2:29	34	4:21	6.50	30:38	4:42	5	4:29	30	7:44
Last lap Finish	3.25	16:07	4:57	5	2:55	36	4:44	9.75	46:45	4:47	5	7:24	33	12:28