



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Stellmacher, Maik

Club: Ostseebad Heringsdorf

Number: 179

Course: 9.75 km

10 km Lauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 46:49

Speed: 12.50 km/h

Running performance: 4:48 min/km

Rank in course/Total: 37 (of 181)

Rank in course/Men: 34 (of 122)

Best time in course: 34:17

Rank in category: 7(of 16)

Best time in the category: 39:02

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	16:37	5:06	11	3:43	61	5:12	3.25	16:37	5:06	11	3:43	61	5:12
Lap 2	3.25	15:07	4:39	4	2:00	23	3:38	6.50	31:44	4:52	7	5:29	39	8:50
Last lap Finish	3.25	15:05	4:38	5	2:18	23	3:42	9.75	46:49	4:48	7	7:47	34	12:32