



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Rancke, André

Club: www.sport-mit-diabetes.de

Number: 148

Course: 9.75 km

10 km Lauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 46:36

Speed: 11.59 km/h

Running performance: 4:47 min/km

Rank in course/Total: 34 (of 181)

Rank in course/Men: 31 (of 122)

Best time in course: 34:17

Rank in category: 6(of 16)

Best time in the category: 39:02

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Lap 1	3.25	15:32	4:46	6	2:38	41	4:07	3.25	15:32	4:46	6	2:38	41	4:07
Lap 2	3.25	15:24	4:44	7	2:17	28	3:55	6.50	30:56	4:45	6	4:41	34	8:02
Last lap Finish	3.25	15:40	4:49	7	2:53	33	4:17	9.75	46:36	4:46	6	7:34	31	12:19