



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Rassbach, Knut

Club: Wsv 07 KSM

Number: 149

Course: 9.75 km

10 km Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 47:15

Speed: 11.43 km/h

Running performance: 4:51 min/km

Rank in course/Total: 40 (of 181)

Rank in course/Men: 37 (of 122)

Best time in course: 34:17

Rank in category: 6(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	14:26	4:26	4	1:38	26	3:01	3.25	14:26	4:26	4	1:38	26	3:01
Lap 2	3.25	16:18	5:00	6	2:57	39	4:49	6.50	30:44	4:43	6	4:35	33	7:50
Last lap Finish	3.25	16:31	5:04	7	3:19	46	5:08	9.75	47:15	4:50	6	7:54	37	12:58