



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Püschel, Silvio

Club: Hetzdorfer SV 1990

Number: 147

Course: 9.75 km

10 km Lauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 47:37

Speed: 12.29 km/h

Running performance: 4:53 min/km

Rank in course/Total: 43 (of 181)

Rank in course/Men: 39 (of 122)

Best time in course: 34:17

Rank in category: 8(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	16:25	5:03	10	3:31	55	5:00	3.25	16:25	5:03	10	3:31	55	5:00
Lap 2	3.25	15:31	4:46	8	2:24	30	4:02	6.50	31:56	4:54	8	5:41	41	9:02
Last lap Finish	3.25	15:41	4:49	8	2:54	34	4:18	9.75	47:37	4:53	8	8:35	39	13:20