



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Wiesemann, Karl-Heinz

Club: M&H Rennsteigteam

Number: 204

Course: 9.75 km

10 km Lauf

Category:

Senioren M55 (55-59 Jahre)

Total time: 48:38

Speed: 11.10 km/h

Running performance: 4:59 min/km

Rank in course/Total: 50 (of 181)

Rank in course/Men: 43 (of 122)

Best time in course: 34:17

Rank in category: 2(of 10)

Best time in the category: 46:40

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	15:34	4:47	2	0:43	42	4:09	3.25	15:34	4:47	2	0:43	42	4:09
Lap 2	3.25	16:37	5:06	3	0:20	46	5:08	6.50	32:11	4:57	2	1:03	43	9:17
Last lap Finish	3.25	16:27	5:03	2	0:55	42	5:04	9.75	48:38	4:59	2	1:58	43	14:21