



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Michler, Harald

Club: TSV Wernfeld

Number: 118

Course: 9.75 km

10 km Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 48:27

Speed: 12.07 km/h

Running performance: 4:58 min/km

Rank in course/Total: 48 (of 181)

Rank in course/Men: 41 (of 122)

Best time in course: 34:17

Rank in category: 3(of 16)

Best time in the category: 42:27

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	15:57	4:54	3	2:05	47	4:32	3.25	15:57	4:54	3	2:05	47	4:32
Lap 2	3.25	16:23	5:02	3	2:10	40	4:54	6.50	32:20	4:58	3	4:15	45	9:26
Last lap Finish	3.25	16:07	4:57	2	1:45	36	4:44	9.75	48:27	4:58	3	6:00	41	14:10