



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Ranft, Michael

Club: team-naunheim.de

Number: 63

Course: 9.75 km

10 km Lauf

Category:

Männer (20-29 Jahre)

Total time: 40:32

Speed: 13.32 km/h

Running performance: 4:10 min/km

Rank in course/Total: 11 (of 181)

Rank in course/Men: 10 (of 122)

Best time in course: 34:17

Rank in category: 4(of 12)

Best time in the category: 37:06

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	12:46	3:55	4	0:51	7	1:21	3.25	12:46	3:55	4	0:51	7	1:21
Lap 2	3.25	13:47	4:14	4	1:10	11	2:18	6.50	26:33	4:05	4	2:01	11	3:39
Last lap Finish	3.25	13:59	4:18	4	1:25	10	2:36	9.75	40:32	4:09	4	3:26	10	6:15