



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Bürger, Bernd

Club: TCSuhl

Number: 19

Course: 9.75 km

10 km Lauf

Category:

Senioren M55 (55-59 Jahre)

Total time: 49:08

Speed: 10.99 km/h

Running performance: 5:02 min/km

Rank in course/Total: 53 (of 181)

Rank in course/Men: 46 (of 122)

Best time in course: 34:17

Rank in category: 3(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	15:46	4:51	3	0:55	45	4:21	3.25	15:46	4:51	3	0:55	45	4:21
Lap 2	3.25	16:36	5:06	2	0:19	45	5:07	6.50	32:22	4:58	3	1:14	46	9:28
Last lap Finish	3.25	16:46	5:09	4	1:14	50	5:23	9.75	49:08	5:02	3	2:28	46	14:51