



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Wagner, Heribert

Club: SV Herschfeld

Number: 188

Course: 9.75 km

10 km Lauf

Category:

Senioren M55 (55-59 Jahre)

Total time: 49:26

Speed: 11.83 km/h

Running performance: 5:04 min/km

Rank in course/Total: 54 (of 181)

Rank in course/Men: 47 (of 122)

Best time in course: 34:17

Rank in category: 4(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	15:51	4:52	4	1:00	46	4:26	3.25	15:51	4:52	4	1:00	46	4:26
Lap 2	3.25	16:50	5:10	4	0:33	52	5:21	6.50	32:41	5:01	4	1:33	47	9:47
Last lap Finish	3.25	16:45	5:09	3	1:13	49	5:22	9.75	49:26	5:04	4	2:46	47	15:09