



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Volkmer, Andreas

Club: Schwalmtal

Number: 187

Course: 9.75 km

10 km Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 49:40

Speed: 10.87 km/h

Running performance: 5:05 min/km

Rank in course/Total: 55 (of 181)

Rank in course/Men: 48 (of 122)

Best time in course: 34:17

Rank in category: 4(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.	Pos Men	Behind Men	Total		Total		Total		Pos Cat.	Behind Cat.	Pos Men	Behind Men	
								km	Time	min/km	Pos	Behind	Pos					Behind
Lap 1	3.25	16:16	5:00	5	2:24	52	4:51	3.25	16:16	5:00	5	2:24	52	4:51				
Lap 2	3.25	16:54	5:11	4	2:41	53	5:25	6.50	33:10	5:06	4	5:05	53	10:16				
Last lap Finish	3.25	16:30	5:04	5	2:08	45	5:07	9.75	49:40	5:05	4	7:13	48	15:23				