



# 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: 11.78 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<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men | Total |       | Total  |     | Total  |     | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>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       |                |            |               |        |