



# 10. Kristall-Marathon

Merkers / 14.02.2016

## Detailed evaluation

**Bode, Eric**

Club: Irrläufer Dipperz

Number: 12

Course: 9.75 km

10 km Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 49:43

Speed: 10.86 km/h

Running performance: 5:06 min/km

Rank in course/Total: 56 (of 181)

Rank in course/Men: 49 (of 122)

Best time in course: 34:17

Rank in category: 5(of 17)

Best time in the category: 43:09

### 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	16:14	4:59	7	2:21	51	4:49	3.25	16:14	4:59	7	2:21	51	4:49
Lap 2	3.25	16:34	5:05	6	1:49	44	5:05	6.50	32:48	5:02	6	4:10	49	9:54
Last lap Finish	3.25	16:55	5:12	5	2:24	52	5:32	9.75	49:43	5:05	5	6:34	49	15:26