



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Scheufler, Sören

Club: Erfurt
Number: 160

Course: 9.75 km
10 km Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 49:47

Speed: 11.75 km/h
Running performance: 5:07 min/km

Rank in course/Total: 57 (of 181)

Rank in course/Men: 50 (of 122)

Best time in course: 34:17

Rank in category: 6(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	16:03	4:56	6	2:10	49	4:38	3.25	16:03	4:56	6	2:10	49	4:38
Lap 2	3.25	16:43	5:08	7	1:58	49	5:14	6.50	32:46	5:02	5	4:08	48	9:52
Last lap Finish	3.25	17:01	5:14	7	2:30	55	5:38	9.75	49:47	5:06	6	6:38	50	15:30