



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Tänzer, Mirko

Club: Meuchelmörder

Number: 183

Course: 9.75 km

10 km Lauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 50:14

Speed: 10.75 km/h

Running performance: 5:09 min/km

Rank in course/Total: 61 (of 181)

Rank in course/Men: 53 (of 122)

Best time in course: 34:17

Rank in category: 9(of 16)

Best time in the category: 39:02

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	15:45	4:50	7	2:51	44	4:20	3.25	15:45	4:50	7	2:51	44	4:20
Lap 2	3.25	17:10	5:16	9	4:03	57	5:41	6.50	32:55	5:03	9	6:40	52	10:01
Last lap Finish	3.25	17:19	5:19	9	4:32	59	5:56	9.75	50:14	5:09	9	11:12	53	15:57