



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Jost, Holger

Club: Egelsbach

Number: 77

Course: 9.75 km

10 km Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 50:00

Speed: 10.80 km/h

Running performance: 5:08 min/km

Rank in course/Total: 60 (of 181)

Rank in course/Men: 52 (of 122)

Best time in course: 34:17

Rank in category: 7(of 17)

Best time in the category: 43:09

Intermediate times

Stage score

Total ranking

| Control | Split | Split | Split | Pos | Behind | Pos | Behind | Total | Total | Total | Pos | Behind | Pos | Behind |
|-----------------|-------|-------|--------|------|--------|-----|--------|-------|-------|--------|------|--------|-----|--------|
| | km | Time | min/km | Cat. | Cat. | Men | Men | km | Time | min/km | Cat. | Cat. | Men | Men |
| Lap 1 | 3.25 | 16:26 | 5:03 | 9 | 2:33 | 56 | 5:01 | 3.25 | 16:26 | 5:03 | 9 | 2:33 | 56 | 5:01 |
| Lap 2 | 3.25 | 16:27 | 5:03 | 4 | 1:42 | 41 | 4:58 | 6.50 | 32:53 | 5:03 | 8 | 4:15 | 51 | 9:59 |
| Last lap Finish | 3.25 | 17:07 | 5:15 | 8 | 2:36 | 56 | 5:44 | 9.75 | 50:00 | 5:07 | 7 | 6:51 | 52 | 15:43 |