



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: 11.70 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 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	16:26	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