



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Lange, Heiko

Club: Lauffreunde Zimmermann

Number: 99

Course: 9.75 km

10 km Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 50:18

Speed: 11.63 km/h

Running performance: 5:10 min/km

Rank in course/Total: 62 (of 181)

Rank in course/Men: 54 (of 122)

Best time in course: 34:17

Rank in category: 5(of 16)

Best time in the category: 42:27

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	16:47	5:09	7	2:55	62	5:22	3.25	16:47	5:09	7	2:55	62	5:22
Lap 2	3.25	17:03	5:14	5	2:50	54	5:34	6.50	33:50	5:12	7	5:45	58	10:56
Last lap Finish	3.25	16:28	5:03	4	2:06	44	5:05	9.75	50:18	5:09	5	7:51	54	16:01