



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Carl, Frank

Club: team-naunheim.de

Number: 22

Course: 9.75 km

10 km Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 50:22

Speed: 10.72 km/h

Running performance: 5:10 min/km

Rank in course/Total: 64 (of 181)

Rank in course/Men: 55 (of 122)

Best time in course: 34:17

Rank in category: 9(of 15)

Best time in the category: 34:17

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	5:01	56	5:01	3.25	16:26	5:03	9	5:01	56	5:01
Lap 2	3.25	17:38	5:25	9	6:09	65	6:09	6.50	34:04	5:14	9	11:10	61	11:10
Last lap Finish	3.25	16:18	5:00	8	4:55	40	4:55	9.75	50:22	5:09	9	16:05	55	16:05