



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Gäbe, Enrico

Club: SV Kyffhäuser

Number: 40

Course: 9.75 km

10 km Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 39:21

Speed: 13.72 km/h

Running performance: 4:02 min/km

Rank in course/Total: 7 (of 181)

Rank in course/Men: 7 (of 122)

Best time in course: 34:17

Rank in category: 1(of 16)

Best time in the category: 39:21

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 | 12:48 | 3:56 | 1 | - | 8 | 1:23 | 3.25 | 12:48 | 3:56 | 1 | - | 8 | 1:23 |
| Lap 2 | 3.25 | 13:21 | 4:06 | 1 | - | 6 | 1:52 | 6.50 | 26:09 | 4:01 | 1 | - | 7 | 3:15 |
| Last lap Finish | 3.25 | 13:12 | 4:03 | 1 | - | 7 | 1:49 | 9.75 | 39:21 | 4:02 | 1 | - | 7 | 5:04 |