



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: 14.87 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