



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Gross, Uwe

Club: Augusta Track&Field

Number: 49

Course: 9.75 km

10 km Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 51:04

Speed: 11.46 km/h

Running performance: 5:14 min/km

Rank in course/Total: 71 (of 181)

Rank in course/Men: 58 (of 122)

Best time in course: 34:17

Rank in category: 8(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	17:52	5:29	12	3:59	78	6:27	3.25	17:52	5:29	12	3:59	78	6:27
Lap 2	3.25	16:45	5:09	8	2:00	51	5:16	6.50	34:37	5:19	10	5:59	66	11:43
Last lap Finish	3.25	16:27	5:03	4	1:56	42	5:04	9.75	51:04	5:14	8	7:55	58	16:47