



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Koch, Andreas

Club: TSV Wernfeld

Number: 89

Course: 9.75 km

10 km Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 51:47

Speed: 11.30 km/h

Running performance: 5:19 min/km

Rank in course/Total: 77 (of 181)

Rank in course/Men: 64 (of 122)

Best time in course: 34:17

Rank in category: 8(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	17:20	5:19	8	3:28	69	5:55	3.25	17:20	5:19	8	3:28	69	5:55
Lap 2	3.25	17:12	5:17	7	2:59	58	5:43	6.50	34:32	5:18	8	6:27	64	11:38
Last lap Finish	3.25	17:15	5:18	6	2:53	58	5:52	9.75	51:47	5:18	8	9:20	64	17:30