



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Schumann, Ralf

Club: Gehaus

Number: 171

Course: 9.75 km

10 km Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 52:02

Speed: 10.38 km/h

Running performance: 5:20 min/km

Rank in course/Total: 78 (of 181)

Rank in course/Men: 65 (of 122)

Best time in course: 34:17

Rank in category: 10(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	15:03	4:37	3	1:10	34	3:38	3.25	15:03	4:37	3	1:10	34	3:38
Lap 2	3.25	18:12	5:35	11	3:27	72	6:43	6.50	33:15	5:06	9	4:37	54	10:21
Last lap Finish	3.25	18:47	5:46	13	4:16	79	7:24	9.75	52:02	5:20	10	8:53	65	17:45