



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Becker, Alexander

Club: Jessen

Number: 2

Course: 9.75 km

10 km Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 51:45

Speed: 10.43 km/h

Running performance: 5:19 min/km

Rank in course/Total: 76 (of 181)

Rank in course/Men: 63 (of 122)

Best time in course: 34:17

Rank in category: 9(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	16:54	5:11	9	4:06	64	5:29	3.25	16:54	5:11	9	4:06	64	5:29
Lap 2	3.25	17:16	5:18	9	3:55	60	5:47	6.50	34:10	5:15	9	8:01	62	11:16
Last lap Finish	3.25	17:35	5:24	9	4:23	63	6:12	9.75	51:45	5:18	9	12:24	63	17:28