



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: 11.30 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 |