



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Kluge, Ralf

Club: iFitnessclub Teltow

Number: 85

Course: 9.75 km

10 km Lauf

Category:

Senioren M55 (55-59 Jahre)

Total time: 52:32

Speed: 10.28 km/h

Running performance: 5:23 min/km

Rank in course/Total: 81 (of 181)

Rank in course/Men: 68 (of 122)

Best time in course: 34:17

Rank in category: 5(of 10)

Best time in the category: 46:40

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	5	2:29	69	5:55	3.25	17:20	5:19	5	2:29	69	5:55
Lap 2	3.25	17:38	5:25	5	1:21	65	6:09	6.50	34:58	5:22	5	3:50	69	12:04
Last lap Finish	3.25	17:34	5:24	5	2:02	62	6:11	9.75	52:32	5:23	5	5:52	68	18:15