



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Doerfert, Lutz

Club: Wutha-Farnroda

Number: 26

Course: 9.75 km

10 km Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 39:33

Speed: 13.65 km/h

Running performance: 4:04 min/km

Rank in course/Total: 9 (of 181)

Rank in course/Men: 9 (of 122)

Best time in course: 34:17

Rank in category: 2(of 15)

Best time in the category: 34:17

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	12:35	3:52	2	1:10	5	1:10	3.25	12:35	3:52	2	1:10	5	1:10
Lap 2	3.25	13:25	4:07	2	1:56	8	1:56	6.50	26:00	4:00	2	3:06	6	3:06
Last lap Finish	3.25	13:33	4:10	2	2:10	8	2:10	9.75	39:33	4:03	2	5:16	9	5:16