



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Fröhlich, Björn

Club: LAV 07 Bad Harzburg e.V.

Number: 38

Course: 9.75 km

10 km Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 48:42

Speed: 11.09 km/h

Running performance: 4:59 min/km

Rank in course/Total: 51 (of 181)

Rank in course/Men: 44 (of 122)

Best time in course: 34:17

Rank in category: 8(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	15:06	4:38	8	2:18	35	3:41	3.25	15:06	4:38	8	2:18	35	3:41
Lap 2	3.25	16:37	5:06	7	3:16	46	5:08	6.50	31:43	4:52	8	5:34	38	8:49
Last lap Finish	3.25	16:59	5:13	8	3:47	54	5:36	9.75	48:42	4:59	8	9:21	44	14:25