



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Rosenbusch, Daniel

Club: RC Abschnitt Mitte

Number: 155

Course: 9.75 km

10 km Lauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 53:45

Speed: 10.88 km/h

Running performance: 5:31 min/km

Rank in course/Total: 85 (of 181)

Rank in course/Men: 71 (of 122)

Best time in course: 34:17

Rank in category: 12(of 16)

Best time in the category: 39:02

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	17:29	5:22	12	4:35	72	6:04	3.25	17:29	5:22	12	4:35	72	6:04
Lap 2	3.25	18:00	5:32	11	4:53	68	6:31	6.50	35:29	5:27	12	9:14	72	12:35
Last lap Finish	3.25	18:16	5:37	12	5:29	73	6:53	9.75	53:45	5:30	12	14:43	71	19:28