



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Brodführer, Jochen

Club: TSV Bischofsheim/Rhön

Number: 17

Course: 9.75 km

10 km Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 53:28

Speed: 10.10 km/h

Running performance: 5:29 min/km

Rank in course/Total: 84 (of 181)

Rank in course/Men: 70 (of 122)

Best time in course: 34:17

Rank in category: 12(of 17)

Best time in the category: 43:09

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	16:29	5:04	10	2:36	58	5:04	3.25	16:29	5:04	10	2:36	58	5:04
Lap 2	3.25	18:30	5:41	12	3:45	76	7:01	6.50	34:59	5:22	12	6:21	70	12:05
Last lap Finish	3.25	18:29	5:41	12	3:58	76	7:06	9.75	53:28	5:29	12	10:19	70	19:11