



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Ospelt, Gerhard

Club: LC Rehlingen

Number: 134

Course: 9.75 km

10 km Lauf

Category:

Senioren M55 (55-59 Jahre)

Total time: 54:04

Speed: 10.82 km/h

Running performance: 5:33 min/km

Rank in course/Total: 88 (of 181)

Rank in course/Men: 73 (of 122)

Best time in course: 34:17

Rank in category: 6(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	17:40	5:26	6	2:49	75	6:15	3.25	17:40	5:26	6	2:49	75	6:15
Lap 2	3.25	18:15	5:36	6	1:58	73	6:46	6.50	35:55	5:31	6	4:47	73	13:01
Last lap Finish	3.25	18:09	5:35	6	2:37	72	6:46	9.75	54:04	5:32	6	7:24	73	19:47