



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Weber, HP

Club: SG Hillerse

Number: 194

Course: 9.75 km

10 km Lauf

Category:

Senioren M65 (65-69 Jahre)

Total time: 54:15

Speed: 9.95 km/h

Running performance: 5:34 min/km

Rank in course/Total: 90 (of 181)

Rank in course/Men: 74 (of 122)

Best time in course: 34:17

Rank in category: 3(of 4)

Best time in the category: 44:47

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	18:19	5:38	3	4:08	86	6:54	3.25	18:19	5:38	3	4:08	86	6:54
Lap 2	3.25	18:10	5:35	3	2:50	71	6:41	6.50	36:29	5:36	3	6:58	77	13:35
Last lap Finish	3.25	17:46	5:28	2	2:30	66	6:23	9.75	54:15	5:33	3	9:28	74	19:58