



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Braun, Thorsten

Club: Lippehasen Dorsten

Number: 16

Course: 9.75 km

10 km Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 54:30

Speed: 9.91 km/h

Running performance: 5:35 min/km

Rank in course/Total: 91 (of 181)

Rank in course/Men: 75 (of 122)

Best time in course: 34:17

Rank in category: 13(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	18:03	5:33	14	4:10	82	6:38	3.25	18:03	5:33	14	4:10	82	6:38
Lap 2	3.25	18:42	5:45	13	3:57	80	7:13	6.50	36:45	5:39	13	8:07	78	13:51
Last lap Finish	3.25	17:45	5:27	10	3:14	65	6:22	9.75	54:30	5:35	13	11:21	75	20:13