



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Roth, Wolfgang

Club: Mühlthal - Laufverein

Number: 156

Course: 9.75 km

10 km Lauf

Category:

Senioren M60 (60-64 Jahre)

Total time: 54:53

Speed: 9.84 km/h

Running performance: 5:38 min/km

Rank in course/Total: 93 (of 181)

Rank in course/Men: 76 (of 122)

Best time in course: 34:17

Rank in category: 3(of 10)

Best time in the category: 50:32

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	17:47	5:28	3	1:00	77	6:22	3.25	17:47	5:28	3	1:00	77	6:22
Lap 2	3.25	18:34	5:42	3	1:30	77	7:05	6.50	36:21	5:35	3	2:30	75	13:27
Last lap Finish	3.25	18:32	5:42	3	1:51	77	7:09	9.75	54:53	5:37	3	4:21	76	20:36