



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Martin, Kay

Club: TSV Prichsenstadt

Number: 111

Course: 9.75 km

10 km Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 55:25

Speed: 10.56 km/h

Running performance: 5:41 min/km

Rank in course/Total: 99 (of 181)

Rank in course/Men: 80 (of 122)

Best time in course: 34:17

Rank in category: 10(of 15)

Best time in the category: 34:17

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	12	6:38	82	6:38	3.25	18:03	5:33	12	6:38	82	6:38
Lap 2	3.25	18:02	5:32	10	6:33	69	6:33	6.50	36:05	5:33	10	13:11	74	13:11
Last lap Finish	3.25	19:20	5:56	11	7:57	87	7:57	9.75	55:25	5:41	10	21:08	80	21:08