



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Müller, Carsten

Club: Cool Runnings Korgau

Number: 126

Course: 9.75 km

10 km Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 55:22

Speed: 9.75 km/h

Running performance: 5:41 min/km

Rank in course/Total: 98 (of 181)

Rank in course/Men: 79 (of 122)

Best time in course: 34:17

Rank in category: 10(of 16)

Best time in the category: 39:21

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	18:44	5:45	11	5:56	91	7:19	3.25	18:44	5:45	11	5:56	91	7:19
Lap 2	3.25	18:39	5:44	10	5:18	79	7:10	6.50	37:23	5:45	10	11:14	85	14:29
Last lap Finish	3.25	17:59	5:31	10	4:47	69	6:36	9.75	55:22	5:40	10	16:01	79	21:05