



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Weiß, Hans- Joachim

Club: Benshausen

Number: 200

Course: 9.75 km

10 km Lauf

Category:

Senioren M60 (60-64 Jahre)

Total time: 55:21

Speed: 10.57 km/h

Running performance: 5:41 min/km

Rank in course/Total: 97 (of 181)

Rank in course/Men: 78 (of 122)

Best time in course: 34:17

Rank in category: 4(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	18:09	5:35	5	1:22	84	6:44	3.25	18:09	5:35	5	1:22	84	6:44
Lap 2	3.25	18:37	5:43	4	1:33	78	7:08	6.50	36:46	5:39	4	2:55	80	13:52
Last lap Finish	3.25	18:35	5:43	4	1:54	78	7:12	9.75	55:21	5:40	4	4:49	78	21:04