



# 10. Kristall-Marathon

Merkers / 14.02.2016

## Detailed evaluation

**Geus, Stefan**

Club: Erlangen

Number: 46

Course: 9.75 km

10 km Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 58:08

Speed: 9.29 km/h

Running performance: 5:58 min/km

Rank in course/Total: 118 (of 181)

Rank in course/Men: 91 (of 122)

Best time in course: 34:17

Rank in category: 12(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	18:39	5:44	10	5:51	90	7:14	3.25	18:39	5:44	10	5:51	90	7:14
Lap 2	3.25	19:32	6:00	13	6:11	90	8:03	6.50	38:11	5:52	12	12:02	92	15:17
Last lap Finish	3.25	19:57	6:08	12	6:45	96	8:34	9.75	58:08	5:57	12	18:47	91	23:51