



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Steffan, Torsten

Club: SV 1916 Beuna

Number: 177

Course: 9.75 km

10 km Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 1:02:03

Speed: 9.43 km/h

Running performance: 6:22 min/km

Rank in course/Total: 145 (of 181)

Rank in course/Men: 105 (of 122)

Best time in course: 34:17

Rank in category: 13(of 16)

Best time in the category: 42:27

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	19:24	5:58	12	5:32	96	7:59	3.25	19:24	5:58	12	5:32	96	7:59
Lap 2	3.25	21:22	6:34	13	7:09	105	9:53	6.50	40:46	6:16	13	12:41	105	17:52
Last lap Finish	3.25	21:17	6:32	14	6:55	108	9:54	9.75	1:02:03	6:21	13	19:36	105	27:46