



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Theobald, Stefan

Club: Illingen

Number: 184

Course: 9.75 km

10 km Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 1:04:21

Speed: 8.39 km/h

Running performance: 6:36 min/km

Rank in course/Total: 153 (of 181)

Rank in course/Men: 108 (of 122)

Best time in course: 34:17

Rank in category: 16(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			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	19:48	6:05	15	7:00	103	8:23	3.25	19:48	6:05	15	7:00	103	8:23
Lap 2	3.25	21:49	6:42	16	8:28	108	10:20	6.50	41:37	6:24	16	15:28	106	18:43
Last lap Finish	3.25	22:44	6:59	16	9:32	113	11:21	9.75	1:04:21	6:35	16	25:00	108	30:04