



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Wartbichler, Manuel

Club: Heringen

Number: 193

Course: 9.75 km

10 km Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 43:04

Speed: 13.58 km/h

Running performance: 4:25 min/km

Rank in course/Total: 17 (of 181)

Rank in course/Men: 16 (of 122)

Best time in course: 34:17

Rank in category: 4(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	14:34	4:28	5	1:46	28	3:09	3.25	14:34	4:28	5	1:46	28	3:09
Lap 2	3.25	14:29	4:27	4	1:08	16	3:00	6.50	29:03	4:28	4	2:54	22	6:09
Last lap Finish	3.25	14:01	4:18	2	0:49	11	2:38	9.75	43:04	4:25	4	3:43	16	8:47