



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: 12.54 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 |