



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Matzath, Stephan

Club: Moringen

Number: 112

Course: 9.75 km

10 km Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:13:47

Speed: 7.93 km/h

Running performance: 7:34 min/km

Rank in course/Total: 174 (of 181)

Rank in course/Men: 118 (of 122)

Best time in course: 34:17

Rank in category: 17(of 17)

Best time in the category: 43:09

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	22:57	7:03	17	9:04	118	11:32	3.25	22:57	7:03	17	9:04	118	11:32
Lap 2	3.25	25:06	7:43	17	10:21	119	13:37	6.50	48:03	7:23	17	19:25	119	25:09
Last lap Finish	3.25	25:44	7:55	17	11:13	119	14:21	9.75	1:13:47	7:34	17	30:38	118	39:30