



# 10. Kristall-Marathon

Merkers / 14.02.2016

## Detailed evaluation

### Spangenberg, Marc

Club: Bad Hersfeld

Number: 175

Course: 9.75 km

10 km Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 46:59

Speed: 12.45 km/h

Running performance: 4:49 min/km

Rank in course/Total: 38 (of 181)

Rank in course/Men: 35 (of 122)

Best time in course: 34:17

Rank in category: 8(of 15)

Best time in the category: 34:17

### 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	14:15	4:23	6	2:50	24	2:50	3.25	14:15	4:23	6	2:50	24	2:50
Lap 2	3.25	15:53	4:53	8	4:24	35	4:24	6.50	30:08	4:38	7	7:14	28	7:14
Last lap Finish	3.25	16:51	5:11	9	5:28	51	5:28	9.75	46:59	4:49	8	12:42	35	12:42