



# 10. Kristall-Marathon

Merkers / 14.02.2016

## Detailed evaluation

**Morban, Matthias**

Club: Ilsede

Number: 121

Course: 9.75 km

10 km Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 47:34

Speed: 11.35 km/h

Running performance: 4:53 min/km

Rank in course/Total: 42 (of 181)

Rank in course/Men: 38 (of 122)

Best time in course: 34:17

Rank in category: 3(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	16:21	5:01	8	2:28	53	4:56	3.25	16:21	5:01	8	2:28	53	4:56
Lap 2	3.25	15:54	4:53	3	1:09	36	4:25	6.50	32:15	4:57	4	3:37	44	9:21
Last lap Finish	3.25	15:19	4:42	2	0:48	28	3:56	9.75	47:34	4:52	3	4:25	38	13:17