



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Heib, Thorsten

Club: Bürstadt

Number: 57

Course: 9.75 km

10 km Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 48:52

Speed: 11.97 km/h

Running performance: 5:01 min/km

Rank in course/Total: 52 (of 181)

Rank in course/Men: 45 (of 122)

Best time in course: 34:17

Rank in category: 4(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 | 15:25 | 4:44 | 5 | 1:32 | 40 | 4:00 | 3.25 | 15:25 | 4:44 | 5 | 1:32 | 40 | 4:00 |
| Lap 2 | 3.25 | 16:30 | 5:04 | 5 | 1:45 | 42 | 5:01 | 6.50 | 31:55 | 4:54 | 3 | 3:17 | 40 | 9:01 |
| Last lap Finish | 3.25 | 16:57 | 5:12 | 6 | 2:26 | 53 | 5:34 | 9.75 | 48:52 | 5:00 | 4 | 5:43 | 45 | 14:35 |