



# 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: 11.05 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