



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Wienberg, Sandro

Club: Maintal

Number: 203

Course: 9.75 km

10 km Lauf

Category:

Männer (20-29 Jahre)

Total time: 47:12

Speed: 11.44 km/h

Running performance: 4:50 min/km

Rank in course/Total: 39 (of 181)

Rank in course/Men: 36 (of 122)

Best time in course: 34:17

Rank in category: 7(of 12)

Best time in the category: 37:06

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	15:44	4:50	8	3:49	43	4:19	3.25	15:44	4:50	8	3:49	43	4:19
Lap 2	3.25	15:56	4:54	7	3:19	37	4:27	6.50	31:40	4:52	7	7:08	37	8:46
Last lap Finish	3.25	15:32	4:46	7	2:58	30	4:09	9.75	47:12	4:50	7	10:06	36	12:55