



# 10. Kristall-Marathon

Merkers / 14.02.2016

## Detailed evaluation

**Steinberger, Marco**

Club: Meuchelmörder

Number: 178

Course: 9.75 km

10 km Lauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 52:31

Speed: 10.28 km/h

Running performance: 5:23 min/km

Rank in course/Total: 80 (of 181)

Rank in course/Men: 67 (of 122)

Best time in course: 34:17

Rank in category: 11(of 16)

Best time in the category: 39:02

### 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	16:24	5:02	9	3:30	54	4:59	3.25	16:24	5:02	9	3:30	54	4:59
Lap 2	3.25	18:08	5:34	12	5:01	70	6:39	6.50	34:32	5:18	11	8:17	64	11:38
Last lap Finish	3.25	17:59	5:31	11	5:12	69	6:36	9.75	52:31	5:23	11	13:29	67	18:14