



# 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: 11.14 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<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |
|-----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
|                 |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>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         |