



# 11. Kristall-Marathon

Merkers / 12.02.2017

## Detailed evaluation

**HILLER, Manfred**

Club: Kieselbach

Number: 459

Course: 9.75 km

10 km Lauf

Category:

Senioren M70 (70-74 Jahre)

Total time: 59:50

Speed: 9.03 km/h

Running performance: 6:08 min/km

Rank in course/Total: 100 (of 166)

Rank in course/Men: 67 (of 94)

Best time in course: 36:01

Rank in category: 3(of 3)

Best time in the category: 44:39

### 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        | 18:51         | 5:48            | 3           | 4:37           | 58          | 7:00          | 3.25          | 18:51         | 5:48            | 3           | 4:37           | 58         | 7:00          |
| Lap 2           | 3.25        | 20:48         | 6:24            | 3           | 5:33           | 70          | 8:39          | 6.50          | 39:39         | 6:05            | 3           | 10:10          | 65         | 15:24         |
| Last lap Finish | 3.25        | 20:11         | 6:12            | 3           | 5:01           | 61          | 8:25          | 9.75          | 59:50         | 6:08            | 3           | 15:11          | 67         | 23:49         |