



11. Kristall-Marathon

Merkers / 12.02.2017

Detailed evaluation

STEFFAN, Torsten

Club: SV 1916 Beuna

Number: 552

Course: 9.75 km

10 km Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 1:01:25

Speed: 8.79 km/h

Running performance: 6:18 min/km

Rank in course/Total: 113 (of 166)

Rank in course/Men: 73 (of 94)

Best time in course: 36:01

Rank in category: 10(of 15)

Best time in the category: 39:25

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	20:03	6:10	12	7:17	77	8:12	3.25	20:03	6:10	12	7:17	77	8:12
Lap 2	3.25	20:48	6:24	9	7:28	70	8:39	6.50	40:51	6:17	11	14:45	72	16:36
Last lap Finish	3.25	20:34	6:19	10	7:15	68	8:48	9.75	1:01:25	6:17	10	22:00	73	25:24