



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

HEESE-STEINMETZ, Matthias

Club: Wartenberger SV

Number: 68

Course: 9.75 km

10 km Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 49:04

Speed: 11.01 km/h

Running performance: 5:02 min/km

Rank in course/Total: 56 (of 215)

Rank in course/Men: 52 (of 134)

Best time in course: 36:45

Rank in category: 6(of 14)

Best time in the category: 42:34

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	15:12	4:40	5	1:33	45	3:40	3.25	15:12	4:40	5	1:33	45	3:40
Lap 2	3.25	16:38	5:07	5	2:10	49	4:03	6.50	31:50	4:53	5	3:43	44	7:35
Last lap Finish	3.25	17:14	5:18	5	2:47	58	4:45	9.75	49:04	5:01	6	6:30	52	12:19