



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Barrable, Nick

Club: Tonbridge AC

Number: 300

Course: 22.75 km

Halbmarathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 1:28:31

Speed: 14.91 km/h

Running performance: 3:53 min/km

Rank in course/Total: 1 (of 159)

Rank in course/Men: 1 (of 122)

Best time in course: 1:28:31

Rank in category: 1(of 23)

Best time in the category: 1:28:31

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	3.25	11:50	3:38	2	0:01	3	0:05	3.25	11:50	3:38	2	0:01	3	0:05
Lap 2	3.25	12:22	3:48	1	-	1	-	6.50	24:12	3:43	1	-	1	-
Lap 3	3.25	12:33	3:51	1	-	2	0:02	9.75	36:45	3:46	1	-	2	0:02
Lap 4	3.25	12:57	3:59	2	0:15	2	0:15	13.00	49:42	3:49	1	-	1	-
Lap 5	3.25	12:57	3:59	2	0:01	2	0:01	16.25	1:02:39	3:51	1	-	1	-
Lap 6	3.25	13:10	4:03	2	0:15	2	0:15	19.50	1:15:49	3:53	1	-	1	-
Last lap Finish	3.25	12:42	3:54	2	0:05	2	0:05	22.75	1:28:31	3:53	1	-	1	-