



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Dugas, Jürgen

Club: RV Viktoria Wombach

Number: 319

Course: 22.75 km

Halbmarathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 1:28:41

Speed: 15.39 km/h

Running performance: 3:54 min/km

Rank in course/Total: 2 (of 159)

Rank in course/Men: 2 (of 122)

Best time in course: 1:28:31

Rank in category: 2(of 23)

Best time in the category: 1:28:31

Intermediate times

Stage score

Total ranking

Control	Split			Pos		Behind		Total			Pos		Behind	
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Lap 1	3.25	12:14	3:45	3	0:25	4	0:29	3.25	12:14	3:45	3	0:25	4	0:29
Lap 2	3.25	12:39	3:53	2	0:17	3	0:17	6.50	24:53	3:49	3	0:41	4	0:41
Lap 3	3.25	12:38	3:53	2	0:05	3	0:07	9.75	37:31	3:50	2	0:46	3	0:48
Lap 4	3.25	12:42	3:54	1	-	1	-	13.00	50:13	3:51	2	0:31	3	0:31
Lap 5	3.25	12:56	3:58	1	-	1	-	16.25	1:03:09	3:53	2	0:30	3	0:30
Lap 6	3.25	12:55	3:58	1	-	1	-	19.50	1:16:04	3:54	2	0:15	2	0:15
Last lap Finish	3.25	12:37	3:52	1	-	1	-	22.75	1:28:41	3:53	2	0:10	2	0:10