



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Schenke, Holger

Club: LC Blueliner

Number: 411

Course: 22.75 km

Halbmarathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 1:36:38

Speed: 13.66 km/h

Running performance: 4:15 min/km

Rank in course/Total: 7 (of 159)

Rank in course/Men: 7 (of 122)

Best time in course: 1:28:31

Rank in category: 4(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 | 13:39 | 4:12 | 6 | 1:50 | 20 | 1:54 | 3.25 | 13:39 | 4:12 | 6 | 1:50 | 20 | 1:54 |
| Lap 2 | 3.25 | 13:33 | 4:10 | 5 | 1:11 | 9 | 1:11 | 6.50 | 27:12 | 4:11 | 5 | 3:00 | 14 | 3:00 |
| Lap 3 | 3.25 | 13:39 | 4:12 | 4 | 1:06 | 6 | 1:08 | 9.75 | 40:51 | 4:11 | 5 | 4:06 | 9 | 4:08 |
| Lap 4 | 3.25 | 13:50 | 4:15 | 4 | 1:08 | 6 | 1:08 | 13.00 | 54:41 | 4:12 | 5 | 4:59 | 9 | 4:59 |
| Lap 5 | 3.25 | 14:07 | 4:20 | 3 | 1:11 | 6 | 1:11 | 16.25 | 1:08:48 | 4:14 | 5 | 6:09 | 9 | 6:09 |
| Lap 6 | 3.25 | 13:48 | 4:14 | 3 | 0:53 | 3 | 0:53 | 19.50 | 1:22:36 | 4:14 | 4 | 6:47 | 7 | 6:47 |
| Last lap Finish | 3.25 | 14:02 | 4:19 | 4 | 1:25 | 8 | 1:25 | 22.75 | 1:36:38 | 4:14 | 4 | 8:07 | 7 | 8:07 |