



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	Intermediate times					Stage score				Total ranking				
	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