



# 10. Kristall-Marathon

Merkers / 14.02.2016

## Detailed evaluation

### Wachowiak, Jörg

Club: Stoffwechselschmiede

Number: 645

Course: 22.75 km

Halbmarathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:37:26

Speed: 14.01 km/h

Running performance: 4:17 min/km

Rank in course/Total: 8 (of 159)

Rank in course/Men: 8 (of 122)

Best time in course: 1:28:31

Rank in category: 2(of 15)

Best time in the category: 1:34:48

### 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	13:18	4:05	3	0:52	14	1:33	3.25	13:18	4:05	3	0:52	14	1:33
Lap 2	3.25	13:48	4:14	2	0:28	11	1:26	6.50	27:06	4:10	2	1:20	13	2:54
Lap 3	3.25	14:02	4:19	2	0:33	11	1:31	9.75	41:08	4:13	2	1:53	11	4:25
Lap 4	3.25	14:08	4:20	2	0:31	9	1:26	13.00	55:16	4:15	2	2:24	11	5:34
Lap 5	3.25	14:01	4:18	2	0:07	5	1:05	16.25	1:09:17	4:15	2	2:31	10	6:38
Lap 6	3.25	14:12	4:22	2	0:05	6	1:17	19.50	1:23:29	4:16	2	2:36	10	7:40
Last lap Finish	3.25	13:57	4:17	2	0:02	6	1:20	22.75	1:37:26	4:16	2	2:38	8	8:55