



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

de Bakker, Albert

Club: Pallas 67

Number: 312

Course: 22.75 km

Halbmarathon

Category:

Senioren M35 (35-39 Jahre)

Total time: 1:38:41

Speed: 13.83 km/h

Running performance: 4:20 min/km

Rank in course/Total: 11 (of 159)

Rank in course/Men: 11 (of 122)

Best time in course: 1:28:31

Rank in category: 1(of 19)

Best time in the category: 1:38:41

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	13:08	4:02	1	-	12	1:23	3.25	13:08	4:02	1	-	12	1:23	
Lap 2	3.25	13:50	4:15	1	-	12	1:28	6.50	26:58	4:08	1	-	10	2:46	
Lap 3	3.25	13:58	4:17	1	-	10	1:27	9.75	40:56	4:11	1	-	10	4:13	
Lap 4	3.25	14:10	4:21	1	-	10	1:28	13.00	55:06	4:14	1	-	10	5:24	
Lap 5	3.25	14:17	4:23	2	0:02	10	1:21	16.25	1:09:23	4:16	1	-	11	6:44	
Lap 6	3.25	14:54	4:35	3	0:35	14	1:59	19.50	1:24:17	4:19	1	-	11	8:28	
Last lap Finish	3.25	14:24	4:25	2	0:13	10	1:47	22.75	1:38:41	4:20	1	-	11	10:10	