



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Plehn, Karsten

Club: LC Blueliner

Number: 391

Course: 22.75 km

Halbmarathon

Category:

Senioren M50 (50-54 Jahre)

Total time: 1:40:23

Speed: 13.15 km/h

Running performance: 4:25 min/km

Rank in course/Total: 13 (of 159)

Rank in course/Men: 13 (of 122)

Best time in course: 1:28:31

Rank in category: 1(of 17)

Best time in the category: 1:40:23

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	13:13	4:03	1	-	13	1:28	3.25	13:13	4:03	1	-	13	1:28
Lap 2	3.25	13:52	4:15	1	-	13	1:30	6.50	27:05	4:09	1	-	11	2:53
Lap 3	3.25	14:05	4:20	1	-	12	1:34	9.75	41:10	4:13	1	-	12	4:27
Lap 4	3.25	14:51	4:34	1	-	17	2:09	13.00	56:01	4:18	1	-	12	6:19
Lap 5	3.25	14:49	4:33	1	-	14	1:53	16.25	1:10:50	4:21	1	-	12	8:11
Lap 6	3.25	14:51	4:34	1	-	12	1:56	19.50	1:25:41	4:23	1	-	12	9:52
Last lap Finish	3.25	14:42	4:31	1	-	13	2:05	22.75	1:40:23	4:24	1	-	13	11:52