



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Krah, Sebastian

Club: Erfurt
Number: 567

Course: 22.75 km
Halbmarathon

Category:
Senioren M30 (30-34 Jahre)

Total time: 1:42:28

Speed: 13.32 km/h
Running performance: 4:30 min/km

Rank in course/Total: 15 (of 159)

Rank in course/Men: 14 (of 122)

Best time in course: 1:28:31

Rank in category: 1(of 18)

Best time in the category: 1:42:28

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	12:38	3:53	1	-	8	0:53	3.25	12:38	3:53	1	-	8	0:53
Lap 2	3.25	14:27	4:26	2	0:52	15	2:05	6.50	27:05	4:09	2	0:33	11	2:53
Lap 3	3.25	14:37	4:29	1	-	14	2:06	9.75	41:42	4:16	2	0:09	14	4:59
Lap 4	3.25	14:30	4:27	1	-	13	1:48	13.00	56:12	4:19	2	0:01	14	6:30
Lap 5	3.25	15:09	4:39	1	-	17	2:13	16.25	1:11:21	4:23	1	-	13	8:42
Lap 6	3.25	15:39	4:48	2	0:01	20	2:44	19.50	1:27:00	4:27	2	0:01	15	11:11
Last lap Finish	3.25	15:28	4:45	3	0:36	22	2:51	22.75	1:42:28	4:30	1	-	14	13:57