



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Brunnecker, Frank

Club: Tricamp

Number: 309

Course: 22.75 km

Halbmarathon

Category:

Senioren M35 (35-39 Jahre)

Total time: 1:43:22

Speed: 12.77 km/h

Running performance: 4:32 min/km

Rank in course/Total: 17 (of 159)

Rank in course/Men: 16 (of 122)

Best time in course: 1:28:31

Rank in category: 3(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	15:06	4:38	5	1:58	36	3:21	3.25	15:06	4:38	5	1:58	36	3:21	
Lap 2	3.25	14:30	4:27	3	0:40	16	2:08	6.50	29:36	4:33	4	2:38	25	5:24	
Lap 3	3.25	14:40	4:30	3	0:42	15	2:09	9.75	44:16	4:32	4	3:20	21	7:33	
Lap 4	3.25	14:42	4:31	3	0:32	15	2:00	13.00	58:58	4:32	4	3:52	20	9:16	
Lap 5	3.25	14:41	4:31	3	0:26	13	1:45	16.25	1:13:39	4:31	3	4:16	18	11:00	
Lap 6	3.25	14:52	4:34	2	0:33	13	1:57	19.50	1:28:31	4:32	3	4:14	17	12:42	
Last lap Finish	3.25	14:51	4:34	4	0:40	15	2:14	22.75	1:43:22	4:32	3	4:41	16	14:51	