



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Matalla, Gerd

Club: SV 1916 Beuna

Number: 378

Course: 22.75 km

Halbmarathon

Category:

Senioren M55 (55-59 Jahre)

Total time: 1:43:43

Speed: 12.73 km/h

Running performance: 4:34 min/km

Rank in course/Total: 18 (of 159)

Rank in course/Men: 17 (of 122)

Best time in course: 1:28:31

Rank in category: 2(of 14)

Best time in the category: 1:37:58

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	13:43	4:13	2	0:41	21	1:58	3.25	13:43	4:13	2	0:41	21	1:58	
Lap 2	3.25	14:48	4:33	2	1:16	19	2:26	6.50	28:31	4:23	2	1:57	19	4:19	
Lap 3	3.25	14:46	4:32	2	0:58	16	2:15	9.75	43:17	4:26	2	2:55	19	6:34	
Lap 4	3.25	14:59	4:36	2	1:00	18	2:17	13.00	58:16	4:28	2	3:55	18	8:34	
Lap 5	3.25	14:55	4:35	2	0:41	15	1:59	16.25	1:13:11	4:30	2	4:36	17	10:32	
Lap 6	3.25	15:11	4:40	2	0:26	16	2:16	19.50	1:28:22	4:31	2	5:02	16	12:33	
Last lap Finish	3.25	15:21	4:43	2	0:43	21	2:44	22.75	1:43:43	4:33	2	5:45	17	15:12	