



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Zabel, Christian

Club: LG Wuppertal

Number: 453

Course: 22.75 km

Halbmarathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 1:44:00

Speed: 12.69 km/h

Running performance: 4:34 min/km

Rank in course/Total: 19 (of 159)

Rank in course/Men: 18 (of 122)

Best time in course: 1:28:31

Rank in category: 6(of 23)

Best time in the category: 1:28:31

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	13:28	4:08	5	1:39	17	1:43	3.25	13:28	4:08	5	1:39	17	1:43	
Lap 2	3.25	14:33	4:28	6	2:11	18	2:11	6.50	28:01	4:18	6	3:49	16	3:49	
Lap 3	3.25	14:50	4:33	6	2:17	17	2:19	9.75	42:51	4:23	6	6:06	16	6:08	
Lap 4	3.25	14:48	4:33	6	2:06	16	2:06	13.00	57:39	4:26	6	7:57	16	7:57	
Lap 5	3.25	15:26	4:44	6	2:30	22	2:30	16.25	1:13:05	4:29	6	10:26	16	10:26	
Lap 6	3.25	15:38	4:48	6	2:43	18	2:43	19.50	1:28:43	4:32	6	12:54	18	12:54	
Last lap Finish	3.25	15:17	4:42	6	2:40	18	2:40	22.75	1:44:00	4:34	6	15:29	18	15:29	