



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Kaufmes, Sascha

Club: Schellerten

Number: 350

Course: 22.75 km

Halbmarathon

Category:

Senioren M35 (35-39 Jahre)

Total time: 1:44:34

Speed: 12.62 km/h

Running performance: 4:36 min/km

Rank in course/Total: 20 (of 159)

Rank in course/Men: 19 (of 122)

Best time in course: 1:28:31

Rank in category: 4(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	13:31	4:09	2	0:23	18	1:46	3.25	13:31	4:09	2	0:23	18	1:46
Lap 2	3.25	14:56	4:35	4	1:06	22	2:34	6.50	28:27	4:22	2	1:29	18	4:15
Lap 3	3.25	14:59	4:36	4	1:01	18	2:28	9.75	43:26	4:27	3	2:30	20	6:43
Lap 4	3.25	15:15	4:41	5	1:05	21	2:33	13.00	58:41	4:30	3	3:35	19	8:59
Lap 5	3.25	15:02	4:37	4	0:47	16	2:06	16.25	1:13:43	4:32	4	4:20	19	11:04
Lap 6	3.25	15:32	4:46	5	1:13	17	2:37	19.50	1:29:15	4:34	4	4:58	19	13:26
Last lap Finish	3.25	15:19	4:42	5	1:08	19	2:42	22.75	1:44:34	4:35	4	5:53	19	16:03