



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Lorenz, Hendrik

Club: Laufjunkies Leipzig

Number: 372

Course: 22.75 km

Halbmarathon

Category:

Senioren M35 (35-39 Jahre)

Total time: 1:45:39

Speed: 12.49 km/h

Running performance: 4:38 min/km

Rank in course/Total: 21 (of 159)

Rank in course/Men: 20 (of 122)

Best time in course: 1:28:31

Rank in category: 5(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	14:53	4:34	4	1:45	30	3:08	3.25	14:53	4:34	4	1:45	30	3:08
Lap 2	3.25	15:01	4:37	5	1:11	23	2:39	6.50	29:54	4:35	5	2:56	29	5:42
Lap 3	3.25	15:23	4:44	5	1:25	24	2:52	9.75	45:17	4:38	5	4:21	25	8:34
Lap 4	3.25	15:14	4:41	4	1:04	20	2:32	13.00	1:00:31	4:39	5	5:25	24	10:49
Lap 5	3.25	15:12	4:40	5	0:57	19	2:16	16.25	1:15:43	4:39	5	6:20	24	13:04
Lap 6	3.25	15:06	4:38	4	0:47	15	2:11	19.50	1:30:49	4:39	5	6:32	21	15:00
Last lap Finish	3.25	14:50	4:33	3	0:39	14	2:13	22.75	1:45:39	4:38	5	6:58	20	17:08