



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Knauber, Christian

Club: Koblenz

Number: 358

Course: 22.75 km

Halbmarathon

Category:

Senioren M30 (30-34 Jahre)

Total time: 1:46:42

Speed: 12.79 km/h

Running performance: 4:41 min/km

Rank in course/Total: 23 (of 159)

Rank in course/Men: 21 (of 122)

Best time in course: 1:28:31

Rank in category: 3(of 18)

Best time in the category: 1:42:28

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	14:50	4:33	5	2:12	28	3:05	3.25	14:50	4:33	5	2:12	28	3:05	
Lap 2	3.25	14:54	4:35	4	1:19	21	2:32	6.50	29:44	4:34	5	3:12	27	5:32	
Lap 3	3.25	15:09	4:39	4	0:32	22	2:38	9.75	44:53	4:36	4	3:20	23	8:10	
Lap 4	3.25	15:13	4:40	3	0:43	19	2:31	13.00	1:00:06	4:37	4	3:55	23	10:24	
Lap 5	3.25	15:24	4:44	3	0:15	20	2:28	16.25	1:15:30	4:38	4	4:09	23	12:51	
Lap 6	3.25	15:43	4:50	3	0:05	22	2:48	19.50	1:31:13	4:40	3	4:14	22	15:24	
Last lap Finish	3.25	15:29	4:45	4	0:37	23	2:52	22.75	1:46:42	4:41	3	4:14	21	18:11	