



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Krah, Marcus

Club: Siemens

Number: 566

Course: 22.75 km

Halbmarathon

Category:

Senioren M30 (30-34 Jahre)

Total time: 1:47:28

Speed: 12.28 km/h

Running performance: 4:43 min/km

Rank in course/Total: 25 (of 159)

Rank in course/Men: 23 (of 122)

Best time in course: 1:28:31

Rank in category: 4(of 18)

Best time in the category: 1:42:28

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	3.25	13:20	4:06	3	0:42	15	1:35	3.25	13:20	4:06	3	0:42	15	1:35
Lap 2	3.25	14:49	4:33	3	1:14	20	2:27	6.50	28:09	4:19	3	1:37	17	3:57
Lap 3	3.25	15:02	4:37	3	0:25	20	2:31	9.75	43:11	4:25	3	1:38	18	6:28
Lap 4	3.25	15:56	4:54	4	1:26	30	3:14	13.00	59:07	4:32	3	2:56	21	9:25
Lap 5	3.25	16:18	5:00	6	1:09	33	3:22	16.25	1:15:25	4:38	3	4:04	22	12:46
Lap 6	3.25	16:18	5:00	6	0:40	30	3:23	19.50	1:31:43	4:42	4	4:44	24	15:54
Last lap Finish	3.25	15:45	4:50	5	0:53	26	3:08	22.75	1:47:28	4:43	4	5:00	23	18:57