



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Lorberau, Oliver

Club: HSV St. Michael

Number: 371

Course: 22.75 km

Halbmarathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:47:31

Speed: 12.70 km/h

Running performance: 4:44 min/km

Rank in course/Total: 26 (of 159)

Rank in course/Men: 24 (of 122)

Best time in course: 1:28:31

Rank in category: 3(of 15)

Best time in the category: 1:34:48

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	12:52	3:57	2	0:26	9	1:07	3.25	12:52	3:57	2	0:26	9	1:07
Lap 2	3.25	14:31	4:28	3	1:11	17	2:09	6.50	27:23	4:12	3	1:37	15	3:11
Lap 3	3.25	15:05	4:38	3	1:36	21	2:34	9.75	42:28	4:21	3	3:13	15	5:45
Lap 4	3.25	15:31	4:46	3	1:54	24	2:49	13.00	57:59	4:27	3	5:07	17	8:17
Lap 5	3.25	16:07	4:57	5	2:13	29	3:11	16.25	1:14:06	4:33	3	7:20	20	11:27
Lap 6	3.25	16:21	5:01	6	2:14	32	3:26	19.50	1:30:27	4:38	3	9:34	20	14:38
Last lap Finish	3.25	17:04	5:15	8	3:09	45	4:27	22.75	1:47:31	4:43	3	12:43	24	19:00