



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Milz, Ralf

Club: Vorwärts Köln

Number: 384

Course: 22.75 km

Halbmarathon

Category:

Senioren M55 (55-59 Jahre)

Total time: 1:47:57

Speed: 12.64 km/h

Running performance: 4:45 min/km

Rank in course/Total: 27 (of 159)

Rank in course/Men: 25 (of 122)

Best time in course: 1:28:31

Rank in category: 3(of 14)

Best time in the category: 1:37:58

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	14:44	4:31	3	1:42	27	2:59	3.25	14:44	4:31	3	1:42	27	2:59	
Lap 2	3.25	15:21	4:43	3	1:49	29	2:59	6.50	30:05	4:37	3	3:31	30	5:53	
Lap 3	3.25	15:26	4:44	3	1:38	27	2:55	9.75	45:31	4:40	3	5:09	30	8:48	
Lap 4	3.25	15:26	4:44	3	1:27	22	2:44	13.00	1:00:57	4:41	3	6:36	25	11:15	
Lap 5	3.25	15:45	4:50	3	1:31	26	2:49	16.25	1:16:42	4:43	3	8:07	25	14:03	
Lap 6	3.25	15:39	4:48	3	0:54	20	2:44	19.50	1:32:21	4:44	3	9:01	25	16:32	
Last lap Finish	3.25	15:36	4:47	3	0:58	25	2:59	22.75	1:47:57	4:44	3	9:59	25	19:26	