



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Meyer, Olaf

Club: SG Siegen-Giersberg

Number: 382

Course: 22.75 km

Halbmarathon

Category:

Senioren M50 (50-54 Jahre)

Total time: 1:49:46

Speed: 12.44 km/h

Running performance: 4:49 min/km

Rank in course/Total: 29 (of 159)

Rank in course/Men: 27 (of 122)

Best time in course: 1:28:31

Rank in category: 2(of 17)

Best time in the category: 1:40:23

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	14:59	4:36	3	1:46	34	3:14	3.25	14:59	4:36	3	1:46	34	3:14	
Lap 2	3.25	15:11	4:40	2	1:19	26	2:49	6.50	30:10	4:38	3	3:05	33	5:58	
Lap 3	3.25	15:24	4:44	2	1:19	26	2:53	9.75	45:34	4:40	3	4:24	31	8:51	
Lap 4	3.25	15:50	4:52	2	0:59	28	3:08	13.00	1:01:24	4:43	2	5:23	26	11:42	
Lap 5	3.25	16:02	4:56	2	1:13	28	3:06	16.25	1:17:26	4:45	2	6:36	26	14:47	
Lap 6	3.25	16:20	5:01	2	1:29	31	3:25	19.50	1:33:46	4:48	2	8:05	26	17:57	
Last lap Finish	3.25	16:00	4:55	2	1:18	32	3:23	22.75	1:49:46	4:49	2	9:23	27	21:15	