



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Eberheim, Rainer

Club: TGV Schotten

Number: 320

Course: 22.75 km

Halbmarathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:49:42

Speed: 12.03 km/h

Running performance: 4:49 min/km

Rank in course/Total: 28 (of 159)

Rank in course/Men: 26 (of 122)

Best time in course: 1:28:31

Rank in category: 4(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	15:47	4:51	10	3:21	45	4:02	3.25	15:47	4:51	10	3:21	45	4:02
Lap 2	3.25	15:40	4:49	6	2:20	34	3:18	6.50	31:27	4:50	10	5:41	39	7:15
Lap 3	3.25	15:36	4:47	4	2:07	29	3:05	9.75	47:03	4:49	7	7:48	36	10:20
Lap 4	3.25	15:43	4:50	5	2:06	27	3:01	13.00	1:02:46	4:49	6	9:54	33	13:04
Lap 5	3.25	15:39	4:48	3	1:45	23	2:43	16.25	1:18:25	4:49	4	11:39	29	15:46
Lap 6	3.25	15:43	4:50	3	1:36	22	2:48	19.50	1:34:08	4:49	4	13:15	29	18:19
Last lap Finish	3.25	15:34	4:47	3	1:39	24	2:57	22.75	1:49:42	4:49	4	14:54	26	21:11