



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Leich, Angelo

Club: berlin
Number: 365

Course: 22.75 km
Halbmarathon

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:50:19

Speed: 11.97 km/h
Running performance: 4:51 min/km

Rank in course/Total: 30 (of 159)

Rank in course/Men: 28 (of 122)

Best time in course: 1:28:31

Rank in category: 5(of 15)

Best time in the category: 1:34:48

Intermediate times					Stage score				Total ranking					
Control	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	15:14	4:41	9	2:48	38	3:29	3.25	15:14	4:41	9	2:48	38	3:29
Lap 2	3.25	15:58	4:54	8	2:38	39	3:36	6.50	31:12	4:47	8	5:26	37	7:00
Lap 3	3.25	15:53	4:53	5	2:24	33	3:22	9.75	47:05	4:49	8	7:50	37	10:22
Lap 4	3.25	15:42	4:49	4	2:05	26	3:00	13.00	1:02:47	4:49	7	9:55	34	13:05
Lap 5	3.25	15:39	4:48	3	1:45	23	2:43	16.25	1:18:26	4:49	5	11:40	30	15:47
Lap 6	3.25	15:46	4:51	4	1:39	24	2:51	19.50	1:34:12	4:49	5	13:19	30	18:23
Last lap Finish	3.25	16:07	4:57	6	2:12	33	3:30	22.75	1:50:19	4:50	5	15:31	28	21:48