



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Baumgarten, Sascha

Club: Pink und Brain

Number: 302

Course: 22.75 km

Halbmarathon

Category:

Senioren M30 (30-34 Jahre)

Total time: 1:50:42

Speed: 12.33 km/h

Running performance: 4:52 min/km

Rank in course/Total: 32 (of 159)

Rank in course/Men: 29 (of 122)

Best time in course: 1:28:31

Rank in category: 5(of 18)

Best time in the category: 1:42:28

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	14:57	4:35	7	2:19	33	3:12	3.25	14:57	4:35	7	2:19	33	3:12
Lap 2	3.25	15:10	4:39	5	1:35	25	2:48	6.50	30:07	4:38	6	3:35	31	5:55
Lap 3	3.25	15:23	4:44	6	0:46	24	2:52	9.75	45:30	4:40	7	3:57	29	8:47
Lap 4	3.25	15:56	4:54	4	1:26	30	3:14	13.00	1:01:26	4:43	5	5:15	27	11:44
Lap 5	3.25	16:07	4:57	4	0:58	29	3:11	16.25	1:17:33	4:46	5	6:12	27	14:54
Lap 6	3.25	16:25	5:03	8	0:47	36	3:30	19.50	1:33:58	4:49	5	6:59	27	18:09
Last lap Finish	3.25	16:44	5:08	8	1:52	39	4:07	22.75	1:50:42	4:51	5	8:14	29	22:11