



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Röschke, Dirk

Club: Hörselberg Runners

Number: 405

Course: 22.75 km

Halbmarathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:51:06

Speed: 11.88 km/h

Running performance: 4:53 min/km

Rank in course/Total: 34 (of 159)

Rank in course/Men: 31 (of 122)

Best time in course: 1:28:31

Rank in category: 6(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	14:16	4:23	5	1:50	24	2:31	3.25	14:16	4:23	5	1:50	24	2:31	
Lap 2	3.25	15:28	4:45	4	2:08	32	3:06	6.50	29:44	4:34	5	3:58	27	5:32	
Lap 3	3.25	16:05	4:56	7	2:36	37	3:34	9.75	45:49	4:41	5	6:34	32	9:06	
Lap 4	3.25	16:41	5:08	7	3:04	43	3:59	13.00	1:02:30	4:48	4	9:38	31	12:48	
Lap 5	3.25	16:45	5:09	7	2:51	39	3:49	16.25	1:19:15	4:52	6	12:29	33	16:36	
Lap 6	3.25	16:00	4:55	5	1:53	28	3:05	19.50	1:35:15	4:53	6	14:22	31	19:26	
Last lap Finish	3.25	15:51	4:52	4	1:56	27	3:14	22.75	1:51:06	4:53	6	16:18	31	22:35	