



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Kammler, Ralf

Club: Team Erdinger Alkoholfrei

Number: 348

Course: 22.75 km

Halbmarathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:52:21

Speed: 11.75 km/h

Running performance: 4:56 min/km

Rank in course/Total: 36 (of 159)

Rank in course/Men: 33 (of 122)

Best time in course: 1:28:31

Rank in category: 7(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.	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	15:05	4:38	8	2:39	35	3:20	3.25	15:05	4:38	8	2:39	35	3:20
Lap 2	3.25	15:36	4:47	5	2:16	33	3:14	6.50	30:41	4:43	6	4:55	34	6:29
Lap 3	3.25	16:03	4:56	6	2:34	36	3:32	9.75	46:44	4:47	6	7:29	34	10:01
Lap 4	3.25	15:59	4:55	6	2:22	33	3:17	13.00	1:02:43	4:49	5	9:51	32	13:01
Lap 5	3.25	16:40	5:07	6	2:46	37	3:44	16.25	1:19:23	4:53	7	12:37	35	16:44
Lap 6	3.25	16:30	5:04	7	2:23	38	3:35	19.50	1:35:53	4:55	7	15:00	33	20:04
Last lap Finish	3.25	16:28	5:03	7	2:33	38	3:51	22.75	1:52:21	4:56	7	17:33	33	23:50