



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Hermann, Maik

Club: GuthMuths RSLV

Number: 335

Course: 22.75 km

Halbmarathon

Category:

Senioren M30 (30-34 Jahre)

Total time: 1:52:40

Speed: 11.72 km/h

Running performance: 4:57 min/km

Rank in course/Total: 37 (of 159)

Rank in course/Men: 34 (of 122)

Best time in course: 1:28:31

Rank in category: 7(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	16:03	4:56	9	3:25	50	4:18	3.25	16:03	4:56	9	3:25	50	4:18	
Lap 2	3.25	16:40	5:07	10	3:05	49	4:18	6.50	32:43	5:01	10	6:11	51	8:31	
Lap 3	3.25	16:27	5:03	9	1:50	42	3:56	9.75	49:10	5:02	10	7:37	48	12:27	
Lap 4	3.25	16:19	5:01	7	1:49	37	3:37	13.00	1:05:29	5:02	9	9:18	44	15:47	
Lap 5	3.25	16:20	5:01	7	1:11	35	3:24	16.25	1:21:49	5:02	9	10:28	42	19:10	
Lap 6	3.25	15:59	4:55	5	0:21	27	3:04	19.50	1:37:48	5:00	9	10:49	39	21:59	
Last lap Finish	3.25	14:52	4:34	1	-	16	2:15	22.75	1:52:40	4:57	7	10:12	34	24:09	