



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Winkler, Heiko

Club: Poeler SV 1923 e.V.

Number: 448

Course: 22.75 km

Halbmarathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 1:53:50

Speed: 11.60 km/h

Running performance: 5:00 min/km

Rank in course/Total: 41 (of 159)

Rank in course/Men: 37 (of 122)

Best time in course: 1:28:31

Rank in category: 7(of 23)

Best time in the category: 1:28:31

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	16:46	5:09	11	4:57	61	5:01	3.25	16:46	5:09	11	4:57	61	5:01
Lap 2	3.25	16:00	4:55	8	3:38	41	3:38	6.50	32:46	5:02	10	8:34	52	8:34
Lap 3	3.25	15:55	4:53	8	3:22	34	3:24	9.75	48:41	4:59	8	11:56	43	11:58
Lap 4	3.25	15:51	4:52	8	3:09	29	3:09	13.00	1:04:32	4:57	8	14:50	41	14:50
Lap 5	3.25	16:18	5:00	8	3:22	33	3:22	16.25	1:20:50	4:58	8	18:11	39	18:11
Lap 6	3.25	16:33	5:05	7	3:38	39	3:38	19.50	1:37:23	4:59	8	21:34	38	21:34
Last lap Finish	3.25	16:27	5:03	8	3:50	37	3:50	22.75	1:53:50	5:00	7	25:19	37	25:19