



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Haas, Michael

Club: ZOLLERrunning Team

Number: 332

Course: 22.75 km

Halbmarathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 1:54:10

Speed: 11.56 km/h

Running performance: 5:01 min/km

Rank in course/Total: 42 (of 159)

Rank in course/Men: 38 (of 122)

Best time in course: 1:28:31

Rank in category: 8(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.	Stage score		Total		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Lap 1	3.25	16:25	5:03	10	4:36	57	4:40	3.25	16:25	5:03	10	4:36	57	4:40
Lap 2	3.25	15:27	4:45	7	3:05	31	3:05	6.50	31:52	4:54	7	7:40	43	7:40
Lap 3	3.25	15:52	4:52	7	3:19	32	3:21	9.75	47:44	4:53	7	10:59	39	11:01
Lap 4	3.25	15:39	4:48	7	2:57	25	2:57	13.00	1:03:23	4:52	7	13:41	38	13:41
Lap 5	3.25	15:58	4:54	7	3:02	27	3:02	16.25	1:19:21	4:52	7	16:42	34	16:42
Lap 6	3.25	17:27	5:22	9	4:32	46	4:32	19.50	1:36:48	4:57	7	20:59	36	20:59
Last lap Finish	3.25	17:22	5:20	9	4:45	48	4:45	22.75	1:54:10	5:01	8	25:39	38	25:39