



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Pohl, Andreas

Club: Nürnberg

Number: 392

Course: 22.75 km

Halbmarathon

Category:

Senioren M50 (50-54 Jahre)

Total time: 1:54:50

Speed: 11.49 km/h

Running performance: 5:03 min/km

Rank in course/Total: 44 (of 159)

Rank in course/Men: 40 (of 122)

Best time in course: 1:28:31

Rank in category: 3(of 17)

Best time in the category: 1:40:23

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	14:19	4:24	2	1:06	25	2:34	3.25	14:19	4:24	2	1:06	25	2:34
Lap 2	3.25	15:19	4:42	3	1:27	28	2:57	6.50	29:38	4:33	2	2:33	26	5:26
Lap 3	3.25	15:49	4:51	3	1:44	30	3:18	9.75	45:27	4:39	2	4:17	26	8:44
Lap 4	3.25	16:17	5:00	3	1:26	36	3:35	13.00	1:01:44	4:44	3	5:43	30	12:02
Lap 5	3.25	17:09	5:16	3	2:20	47	4:13	16.25	1:18:53	4:51	3	8:03	32	16:14
Lap 6	3.25	17:42	5:26	4	2:51	51	4:47	19.50	1:36:35	4:57	3	10:54	35	20:46
Last lap Finish	3.25	18:15	5:36	7	3:33	61	5:38	22.75	1:54:50	5:02	3	14:27	40	26:19