



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Zeyn, Frank

Club: Hannover Runners

Number: 456

Course: 22.75 km

Halbmarathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:56:52

Speed: 11.29 km/h

Running performance: 5:08 min/km

Rank in course/Total: 52 (of 159)

Rank in course/Men: 45 (of 122)

Best time in course: 1:28:31

Rank in category: 8(of 15)

Best time in the category: 1:34:48

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	14:50	4:33	6	2:24	28	3:05	3.25	14:50	4:33	6	2:24	28	3:05
Lap 2	3.25	16:14	4:59	9	2:54	42	3:52	6.50	31:04	4:46	7	5:18	36	6:52
Lap 3	3.25	16:46	5:09	10	3:17	52	4:15	9.75	47:50	4:54	9	8:35	40	11:07
Lap 4	3.25	17:05	5:15	8	3:28	49	4:23	13.00	1:04:55	4:59	9	12:03	43	15:13
Lap 5	3.25	17:08	5:16	9	3:14	46	4:12	16.25	1:22:03	5:02	9	15:17	44	19:24
Lap 6	3.25	17:27	5:22	9	3:20	46	4:32	19.50	1:39:30	5:06	8	18:37	45	23:41
Last lap Finish	3.25	17:22	5:20	9	3:27	48	4:45	22.75	1:56:52	5:08	8	22:04	45	28:21