



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Roidl, Wolfgang

Club: OCR Frankfurt

Number: 615

Course: 22.75 km

Halbmarathon

Category:

Senioren M35 (35-39 Jahre)

Total time: 1:57:35

Speed: 11.23 km/h

Running performance: 5:10 min/km

Rank in course/Total: 55 (of 159)

Rank in course/Men: 48 (of 122)

Best time in course: 1:28:31

Rank in category: 7(of 19)

Best time in the category: 1:38:41

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	17:27	5:22	9	4:19	75	5:42	3.25	17:27	5:22	9	4:19	75	5:42
Lap 2	3.25	16:56	5:12	8	3:06	58	4:34	6.50	34:23	5:17	9	7:25	64	10:11
Lap 3	3.25	16:38	5:07	8	2:40	46	4:07	9.75	51:01	5:13	9	10:05	56	14:18
Lap 4	3.25	16:41	5:08	8	2:31	43	3:59	13.00	1:07:42	5:12	8	12:36	55	18:00
Lap 5	3.25	17:01	5:14	7	2:46	41	4:05	16.25	1:24:43	5:12	8	15:20	52	22:04
Lap 6	3.25	16:42	5:08	7	2:23	40	3:47	19.50	1:41:25	5:12	8	17:08	50	25:36
Last lap Finish	3.25	16:10	4:58	7	1:59	34	3:33	22.75	1:57:35	5:10	7	18:54	48	29:04