



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

stöcker, werner

Club: lg wittgenstein

Number: 433

Course: 22.75 km

Halbmarathon

Category:

Senioren M75 (75-79 Jahre)

Total time: 1:57:08

Speed: 11.27 km/h

Running performance: 5:09 min/km

Rank in course/Total: 54 (of 159)

Rank in course/Men: 47 (of 122)

Best time in course: 1:28:31

Rank in category: 1(of 1)

Best time in the category: 1:57:08

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	16:43	5:08	1	-	60	4:58	3.25	16:43	5:08	1	-	60	4:58
Lap 2	3.25	16:39	5:07	1	-	48	4:17	6.50	33:22	5:08	1	-	57	9:10
Lap 3	3.25	16:44	5:08	1	-	50	4:13	9.75	50:06	5:08	1	-	50	13:23
Lap 4	3.25	16:38	5:07	1	-	40	3:56	13.00	1:06:44	5:08	1	-	49	17:02
Lap 5	3.25	16:40	5:07	1	-	37	3:44	16.25	1:23:24	5:07	1	-	47	20:45
Lap 6	3.25	16:55	5:12	1	-	43	4:00	19.50	1:40:19	5:08	1	-	46	24:30
Last lap Finish	3.25	16:49	5:10	1	-	42	4:12	22.75	1:57:08	5:08	1	-	47	28:37