



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Henze, Thorsten

Club: DekaBank Sport e.V.

Number: 546

Course: 22.75 km

Halbmarathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 1:57:35

Speed: 11.61 km/h

Running performance: 5:10 min/km

Rank in course/Total: 56 (of 159)

Rank in course/Men: 48 (of 122)

Best time in course: 1:28:31

Rank in category: 9(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 ranking							
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Lap 1	3.25	17:28	5:22	15	5:39	76	5:43	3.25	17:28	5:22	15	5:39	76	5:43	
Lap 2	3.25	16:55	5:12	11	4:33	56	4:33	6.50	34:23	5:17	12	10:11	64	10:11	
Lap 3	3.25	16:39	5:07	9	4:06	48	4:08	9.75	51:02	5:14	11	14:17	58	14:19	
Lap 4	3.25	16:40	5:07	9	3:58	41	3:58	13.00	1:07:42	5:12	11	18:00	55	18:00	
Lap 5	3.25	17:01	5:14	9	4:05	41	4:05	16.25	1:24:43	5:12	10	22:04	52	22:04	
Lap 6	3.25	16:42	5:08	8	3:47	40	3:47	19.50	1:41:25	5:12	9	25:36	50	25:36	
Last lap Finish	3.25	16:10	4:58	7	3:33	34	3:33	22.75	1:57:35	5:10	9	29:04	48	29:04	