



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Pasewaldt, Steven

Club: VfB IMO Merseburg

Number: 389

Course: 22.75 km

Halbmarathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 1:59:28

Speed: 11.43 km/h

Running performance: 5:15 min/km

Rank in course/Total: 57 (of 159)

Rank in course/Men: 50 (of 122)

Best time in course: 1:28:31

Rank in category: 10(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	15:28	4:45	7	3:39	40	3:43	3.25	15:28	4:45	7	3:39	40	3:43	
Lap 2	3.25	16:27	5:03	9	4:05	47	4:05	6.50	31:55	4:54	8	7:43	44	7:43	
Lap 3	3.25	17:13	5:17	11	4:40	55	4:42	9.75	49:08	5:02	9	12:23	47	12:25	
Lap 4	3.25	17:25	5:21	10	4:43	54	4:43	13.00	1:06:33	5:07	9	16:51	48	16:51	
Lap 5	3.25	17:57	5:31	11	5:01	61	5:01	16.25	1:24:30	5:12	9	21:51	51	21:51	
Lap 6	3.25	17:35	5:24	10	4:40	50	4:40	19.50	1:42:05	5:14	10	26:16	52	26:16	
Last lap Finish	3.25	17:23	5:20	10	4:46	50	4:46	22.75	1:59:28	5:15	10	30:57	50	30:57	