



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Görres, Falko

Club: Eintracht Frankfurt FuFa

Number: 536

Course: 22.75 km

Halbmarathon

Category:

Senioren M35 (35-39 Jahre)

Total time: 1:59:39

Speed: 11.03 km/h

Running performance: 5:16 min/km

Rank in course/Total: 58 (of 159)

Rank in course/Men: 51 (of 122)

Best time in course: 1:28:31

Rank in category: 8(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	15:40	4:49	7	2:32	44	3:55	3.25	15:40	4:49	7	2:32	44	3:55
Lap 2	3.25	15:58	4:54	6	2:08	39	3:36	6.50	31:38	4:51	6	4:40	42	7:26
Lap 3	3.25	16:13	4:59	6	2:15	39	3:42	9.75	47:51	4:54	6	6:55	41	11:08
Lap 4	3.25	16:21	5:01	7	2:11	38	3:39	13.00	1:04:12	4:56	6	9:06	40	14:30
Lap 5	3.25	17:09	5:16	8	2:54	47	4:13	16.25	1:21:21	5:00	6	11:58	40	18:42
Lap 6	3.25	18:01	5:32	9	3:42	57	5:06	19.50	1:39:22	5:05	7	15:05	43	23:33
Last lap Finish	3.25	20:17	6:14	12	6:06	75	7:40	22.75	1:59:39	5:15	8	20:58	51	31:08