



# 10. Kristall-Marathon

Merkers / 14.02.2016

## Detailed evaluation

**Jäger, Heinz-Peter**

Club: Triathlon Eisenach

Number: 343

Course: 22.75 km

Halbmarathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:59:51

Speed: 11.39 km/h

Running performance: 5:16 min/km

Rank in course/Total: 59 (of 159)

Rank in course/Men: 52 (of 122)

Best time in course: 1:28:31

Rank in category: 10(of 15)

Best time in the category: 1:34:48

### 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               | 13:22      | 4:06         | 4        | 0:56        | 16          | 1:37       | 3.25     | 13:22         | 4:06         | 4        | 0:56        | 16      | 1:37       |
| Lap 2           | 3.25               | 15:50      | 4:52         | 7        | 2:30        | 37          | 3:28       | 6.50     | 29:12         | 4:29         | 4        | 3:26        | 23      | 5:00       |
| Lap 3           | 3.25               | 16:16      | 5:00         | 8        | 2:47        | 40          | 3:45       | 9.75     | 45:28         | 4:39         | 4        | 6:13        | 27      | 8:45       |
| Lap 4           | 3.25               | 17:34      | 5:24         | 11       | 3:57        | 56          | 4:52       | 13.00    | 1:03:02       | 4:50         | 8        | 10:10       | 36      | 13:20      |
| Lap 5           | 3.25               | 18:22      | 5:39         | 11       | 4:28        | 66          | 5:26       | 16.25    | 1:21:24       | 5:00         | 8        | 14:38       | 41      | 18:45      |
| Lap 6           | 3.25               | 18:56      | 5:49         | 11       | 4:49        | 67          | 6:01       | 19.50    | 1:40:20       | 5:08         | 9        | 19:27       | 47      | 24:31      |
| Last lap Finish | 3.25               | 19:31      | 6:00         | 11       | 5:36        | 69          | 6:54       | 22.75    | 1:59:51       | 5:16         | 10       | 25:03       | 52      | 31:20      |