



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Kiehl, Daniel

Club: Kerpen

Number: 353

Course: 22.75 km

Halbmarathon

Category:

Senioren M30 (30-34 Jahre)

Total time: 2:00:01

Speed: 11.00 km/h

Running performance: 5:17 min/km

Rank in course/Total: 60 (of 159)

Rank in course/Men: 53 (of 122)

Best time in course: 1:28:31

Rank in category: 11(of 18)

Best time in the category: 1:42:28

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	16:10	4:58	10	3:32	52	4:25	3.25	16:10	4:58	10	3:32	52	4:25	
Lap 2	3.25	16:16	5:00	9	2:41	43	3:54	6.50	32:26	4:59	9	5:54	46	8:14	
Lap 3	3.25	16:40	5:07	11	2:03	49	4:09	9.75	49:06	5:02	9	7:33	46	12:23	
Lap 4	3.25	17:03	5:14	11	2:33	48	4:21	13.00	1:06:09	5:05	10	9:58	46	16:27	
Lap 5	3.25	17:54	5:30	13	2:45	58	4:58	16.25	1:24:03	5:10	10	12:42	48	21:24	
Lap 6	3.25	18:03	5:33	12	2:25	58	5:08	19.50	1:42:06	5:14	11	15:07	53	26:17	
Last lap Finish	3.25	17:55	5:30	12	3:03	54	5:18	22.75	2:00:01	5:16	11	17:33	53	31:30	