



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Ringl, Steffen

Club: Ilmenau

Number: 401

Course: 22.75 km

Halbmarathon

Category:

Senioren M30 (30-34 Jahre)

Total time: 2:07:14

Speed: 10.37 km/h

Running performance: 5:35 min/km

Rank in course/Total: 75 (of 159)

Rank in course/Men: 62 (of 122)

Best time in course: 1:28:31

Rank in category: 13(of 18)

Best time in the category: 1:42:28

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	18:40	5:44	16	6:02	98	6:55	3.25	18:40	5:44	16	6:02	98	6:55	
Lap 2	3.25	18:08	5:34	13	4:33	80	5:46	6.50	36:48	5:39	14	10:16	91	12:36	
Lap 3	3.25	18:56	5:49	15	4:19	86	6:25	9.75	55:44	5:42	15	14:11	89	19:01	
Lap 4	3.25	18:14	5:36	14	3:44	66	5:32	13.00	1:13:58	5:41	15	17:47	86	24:16	
Lap 5	3.25	18:07	5:34	14	2:58	64	5:11	16.25	1:32:05	5:39	15	20:44	79	29:26	
Lap 6	3.25	18:07	5:34	14	2:29	60	5:12	19.50	1:50:12	5:39	14	23:13	69	34:23	
Last lap Finish	3.25	17:02	5:14	10	2:10	43	4:25	22.75	2:07:14	5:35	13	24:46	62	38:43	