



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Scalzo, Giuseppe

Club: OCR Frankfurt

Number: 409

Course: 22.75 km

Halbmarathon

Category:

Senioren M35 (35-39 Jahre)

Total time: 2:09:47

Speed: 10.17 km/h

Running performance: 5:42 min/km

Rank in course/Total: 85 (of 159)

Rank in course/Men: 70 (of 122)

Best time in course: 1:28:31

Rank in category: 11(of 19)

Best time in the category: 1:38:41

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	17:53	5:30	12	4:45	86	6:08	3.25	17:53	5:30	12	4:45	86	6:08
Lap 2	3.25	18:04	5:33	12	4:14	78	5:42	6.50	35:57	5:31	12	8:59	83	11:45
Lap 3	3.25	18:01	5:32	11	4:03	66	5:30	9.75	53:58	5:32	11	13:02	78	17:15
Lap 4	3.25	18:29	5:41	11	4:19	68	5:47	13.00	1:12:27	5:34	11	17:21	73	22:45
Lap 5	3.25	19:23	5:57	12	5:08	76	6:27	16.25	1:31:50	5:39	12	22:27	75	29:11
Lap 6	3.25	19:08	5:53	11	4:49	68	6:13	19.50	1:50:58	5:41	11	26:41	72	35:09
Last lap Finish	3.25	18:49	5:47	10	4:38	65	6:12	22.75	2:09:47	5:42	11	31:06	70	41:16