



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Pompetzki, Tino

Club: Flitz-Piepen.de

Number: 393

Course: 22.75 km

Halbmarathon

Category:

Senioren M35 (35-39 Jahre)

Total time: 2:10:25

Speed: 10.12 km/h

Running performance: 5:44 min/km

Rank in course/Total: 88 (of 159)

Rank in course/Men: 72 (of 122)

Best time in course: 1:28:31

Rank in category: 12(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	17:34	5:24	10	4:26	79	5:49	3.25	17:34	5:24	10	4:26	79	5:49
Lap 2	3.25	18:02	5:32	11	4:12	77	5:40	6.50	35:36	5:28	11	8:38	78	11:24
Lap 3	3.25	18:41	5:44	13	4:43	78	6:10	9.75	54:17	5:34	12	13:21	81	17:34
Lap 4	3.25	18:43	5:45	12	4:33	75	6:01	13.00	1:13:00	5:36	13	17:54	78	23:18
Lap 5	3.25	19:01	5:51	11	4:46	72	6:05	16.25	1:32:01	5:39	13	22:38	77	29:22
Lap 6	3.25	19:30	6:00	12	5:11	70	6:35	19.50	1:51:31	5:43	12	27:14	75	35:42
Last lap Finish	3.25	18:54	5:48	11	4:43	66	6:17	22.75	2:10:25	5:43	12	31:44	72	41:54