



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Fasold, Frank

Club: FFaCon

Number: 323

Course: 22.75 km

Halbmarathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 2:10:25

Speed: 10.12 km/h

Running performance: 5:44 min/km

Rank in course/Total: 89 (of 159)

Rank in course/Men: 72 (of 122)

Best time in course: 1:28:31

Rank in category: 12(of 23)

Best time in the category: 1:28:31

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	18:01	5:32	16	6:12	88	6:16	3.25	18:01	5:32	16	6:12	88	6:16	
Lap 2	3.25	18:30	5:41	16	6:08	90	6:08	6.50	36:31	5:37	16	12:19	87	12:19	
Lap 3	3.25	18:35	5:43	13	6:02	76	6:04	9.75	55:06	5:39	15	18:21	86	18:23	
Lap 4	3.25	18:32	5:42	13	5:50	70	5:50	13.00	1:13:38	5:39	14	23:56	83	23:56	
Lap 5	3.25	18:58	5:50	12	6:02	70	6:02	16.25	1:32:36	5:41	12	29:57	80	29:57	
Lap 6	3.25	18:47	5:46	11	5:52	65	5:52	19.50	1:51:23	5:42	12	35:34	74	35:34	
Last lap Finish	3.25	19:02	5:51	11	6:25	67	6:25	22.75	2:10:25	5:43	12	41:54	72	41:54	