



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

König, Thomas

Club: Rippershausen

Number: 360

Course: 22.75 km

Halbmarathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 2:13:24

Speed: 9.90 km/h

Running performance: 5:52 min/km

Rank in course/Total: 98 (of 159)

Rank in course/Men: 78 (of 122)

Best time in course: 1:28:31

Rank in category: 12(of 15)

Best time in the category: 1:34:48

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	16:21	5:01	11	3:55	55	4:36	3.25	16:21	5:01	11	3:55	55	4:36
Lap 2	3.25	16:46	5:09	11	3:26	53	4:24	6.50	33:07	5:05	11	7:21	55	8:55
Lap 3	3.25	18:54	5:48	13	5:25	84	6:23	9.75	52:01	5:20	12	12:46	64	15:18
Lap 4	3.25	19:56	6:08	14	6:19	93	7:14	13.00	1:11:57	5:32	12	19:05	70	22:15
Lap 5	3.25	20:06	6:11	14	6:12	90	7:10	16.25	1:32:03	5:39	12	25:17	78	29:24
Lap 6	3.25	20:14	6:13	13	6:07	80	7:19	19.50	1:52:17	5:45	12	31:24	77	36:28
Last lap Finish	3.25	21:07	6:29	13	7:12	86	8:30	22.75	2:13:24	5:51	12	38:36	78	44:53