



# 10. Kristall-Marathon

Merkers / 14.02.2016

## Detailed evaluation

**Rainer, Christian**

Club: Habakuk

Number: 396

Course: 22.75 km

Halbmarathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 2:14:59

Speed: 9.78 km/h

Running performance: 5:56 min/km

Rank in course/Total: 103 (of 159)

Rank in course/Men: 81 (of 122)

Best time in course: 1:28:31

Rank in category: 13(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	16:59	5:13	13	4:33	67	5:14	3.25	16:59	5:13	13	4:33	67	5:14
Lap 2	3.25	17:57	5:31	13	4:37	76	5:35	6.50	34:56	5:22	13	9:10	72	10:44
Lap 3	3.25	18:52	5:48	12	5:23	83	6:21	9.75	53:48	5:31	13	14:33	76	17:05
Lap 4	3.25	19:28	5:59	12	5:51	85	6:46	13.00	1:13:16	5:38	13	20:24	80	23:34
Lap 5	3.25	19:58	6:08	13	6:04	88	7:02	16.25	1:33:14	5:44	13	26:28	85	30:35
Lap 6	3.25	20:34	6:19	14	6:27	88	7:39	19.50	1:53:48	5:50	13	32:55	85	37:59
Last lap Finish	3.25	21:11	6:31	14	7:16	89	8:34	22.75	2:14:59	5:55	13	40:11	81	46:28