



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Johansson, Johannes

Club: Ekerö
Number: 346

Course: 22.75 km
Halbmarathon

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:15:12

Speed: 9.76 km/h
Running performance: 5:56 min/km

Rank in course/Total: 106 (of 159)

Rank in course/Men: 84 (of 122)

Best time in course: 1:28:31

Rank in category: 13(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	3.25	17:01	5:14	14	5:12	69	5:16	3.25	17:01	5:14	14	5:12	69	5:16
Lap 2	3.25	18:04	5:33	14	5:42	78	5:42	6.50	35:05	5:23	14	10:53	74	10:53
Lap 3	3.25	18:54	5:48	15	6:21	84	6:23	9.75	53:59	5:32	14	17:14	79	17:16
Lap 4	3.25	19:22	5:57	14	6:40	83	6:40	13.00	1:13:21	5:38	13	23:39	81	23:39
Lap 5	3.25	19:41	6:03	14	6:45	80	6:45	16.25	1:33:02	5:43	15	30:23	83	30:23
Lap 6	3.25	20:38	6:20	17	7:43	89	7:43	19.50	1:53:40	5:49	14	37:51	84	37:51
Last lap Finish	3.25	21:32	6:37	15	8:55	91	8:55	22.75	2:15:12	5:56	13	46:41	84	46:41