



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Tirschmann, Jan

Club: Meininger Drachen

Number: 437

Course: 22.75 km

Halbmarathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 2:16:28

Speed: 9.67 km/h

Running performance: 6:00 min/km

Rank in course/Total: 109 (of 159)

Rank in course/Men: 85 (of 122)

Best time in course: 1:28:31

Rank in category: 14(of 15)

Best time in the category: 1:34:48

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	18:35	5:43	14	6:09	96	6:50	3.25	18:35	5:43	14	6:09	96	6:50
Lap 2	3.25	19:02	5:51	14	5:42	99	6:40	6.50	37:37	5:47	14	11:51	98	13:25
Lap 3	3.25	19:09	5:53	14	5:40	90	6:38	9.75	56:46	5:49	14	17:31	96	20:03
Lap 4	3.25	19:43	6:03	13	6:06	89	7:01	13.00	1:16:29	5:53	14	23:37	95	26:47
Lap 5	3.25	19:56	6:08	12	6:02	87	7:00	16.25	1:36:25	5:56	14	29:39	92	33:46
Lap 6	3.25	19:59	6:08	12	5:52	77	7:04	19.50	1:56:24	5:58	14	35:31	90	40:35
Last lap Finish	3.25	20:04	6:10	12	6:09	73	7:27	22.75	2:16:28	5:59	14	41:40	85	47:57