



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Lorz, Matthias

Club: Lorch
Number: 582

Course: 22.75 km
Halbmarathon

Category:
Senioren M30 (30-34 Jahre)

Total time: 2:17:30

Speed: 9.60 km/h
Running performance: 6:02 min/km

Rank in course/Total: 110 (of 159)

Rank in course/Men: 86 (of 122)

Best time in course: 1:28:31

Rank in category: 16(of 18)

Best time in the category: 1:42:28

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	18:26	5:40	15	5:48	93	6:41	3.25	18:26	5:40	15	5:48	93	6:41
Lap 2	3.25	18:34	5:42	17	4:59	92	6:12	6.50	37:00	5:41	17	10:28	95	12:48
Lap 3	3.25	19:10	5:53	16	4:33	91	6:39	9.75	56:10	5:45	16	14:37	91	19:27
Lap 4	3.25	19:56	6:08	16	5:26	93	7:14	13.00	1:16:06	5:51	16	19:55	92	26:24
Lap 5	3.25	20:39	6:21	16	5:30	96	7:43	16.25	1:36:45	5:57	16	25:24	93	34:06
Lap 6	3.25	21:13	6:31	15	5:35	94	8:18	19.50	1:57:58	6:02	16	30:59	94	42:09
Last lap Finish	3.25	19:32	6:00	15	4:40	70	6:55	22.75	2:17:30	6:02	16	35:02	86	48:59