



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Heß, Carsten

Club: Köln

Number: 336

Course: 22.75 km

Halbmarathon

Category:

Senioren M35 (35-39 Jahre)

Total time: 2:17:59

Speed: 9.57 km/h

Running performance: 6:04 min/km

Rank in course/Total: 112 (of 159)

Rank in course/Men: 88 (of 122)

Best time in course: 1:28:31

Rank in category: 13(of 19)

Best time in the category: 1:38:41

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	15:30	4:46	6	2:22	42	3:45	3.25	15:30	4:46	6	2:22	42	3:45
Lap 2	3.25	17:02	5:14	9	3:12	59	4:40	6.50	32:32	5:00	7	5:34	47	8:20
Lap 3	3.25	17:45	5:27	10	3:47	60	5:14	9.75	50:17	5:09	7	9:21	52	13:34
Lap 4	3.25	19:23	5:57	13	5:13	84	6:41	13.00	1:09:40	5:21	10	14:34	59	19:58
Lap 5	3.25	21:06	6:29	14	6:51	101	8:10	16.25	1:30:46	5:35	10	21:23	71	28:07
Lap 6	3.25	22:18	6:51	17	7:59	105	9:23	19.50	1:53:04	5:47	13	28:47	83	37:15
Last lap Finish	3.25	24:55	7:40	18	10:44	114	12:18	22.75	2:17:59	6:03	13	39:18	88	49:28