



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Bretfeld, Steffen

Club: VfB IMO Merseburg

Number: 307

Course: 22.75 km

Halbmarathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 2:18:29

Speed: 9.86 km/h

Running performance: 6:05 min/km

Rank in course/Total: 114 (of 159)

Rank in course/Men: 90 (of 122)

Best time in course: 1:28:31

Rank in category: 15(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	18:47	5:46	20	6:58	104	7:02	3.25	18:47	5:46	20	6:58	104	7:02
Lap 2	3.25	19:46	6:04	20	7:24	103	7:24	6.50	38:33	5:55	20	14:21	103	14:21
Lap 3	3.25	19:27	5:59	18	6:54	96	6:56	9.75	58:00	5:56	20	21:15	102	21:17
Lap 4	3.25	19:35	6:01	16	6:53	87	6:53	13.00	1:17:35	5:58	19	27:53	99	27:53
Lap 5	3.25	19:48	6:05	16	6:52	83	6:52	16.25	1:37:23	5:59	18	34:44	97	34:44
Lap 6	3.25	20:22	6:15	15	7:27	85	7:27	19.50	1:57:45	6:02	17	41:56	92	41:56
Last lap Finish	3.25	20:44	6:22	13	8:07	81	8:07	22.75	2:18:29	6:05	15	49:58	90	49:58