



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Focke, Thomas

Club: LT B. Braun Avitum

Number: 326

Course: 22.75 km

Halbmarathon

Category:

Senioren M50 (50-54 Jahre)

Total time: 2:18:47

Speed: 9.84 km/h

Running performance: 6:06 min/km

Rank in course/Total: 115 (of 159)

Rank in course/Men: 91 (of 122)

Best time in course: 1:28:31

Rank in category: 12(of 17)

Best time in the category: 1:40:23

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	17:10	5:16	7	3:57	71	5:25	3.25	17:10	5:16	7	3:57	71	5:25	
Lap 2	3.25	17:31	5:23	8	3:39	67	5:09	6.50	34:41	5:20	7	7:36	68	10:29	
Lap 3	3.25	18:47	5:46	11	4:42	80	6:16	9.75	53:28	5:29	10	12:18	73	16:45	
Lap 4	3.25	19:54	6:07	13	5:03	92	7:12	13.00	1:13:22	5:38	11	17:21	82	23:40	
Lap 5	3.25	20:15	6:13	12	5:26	94	7:19	16.25	1:33:37	5:45	11	22:47	86	30:58	
Lap 6	3.25	24:25	7:30	16	9:34	117	11:30	19.50	1:58:02	6:03	13	32:21	96	42:13	
Last lap Finish	3.25	20:45	6:23	11	6:03	82	8:08	22.75	2:18:47	6:06	12	38:24	91	50:16	