



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Most, Tino

Club: Vacha

Number: 387

Course: 22.75 km

Halbmarathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 2:20:06

Speed: 9.42 km/h

Running performance: 6:10 min/km

Rank in course/Total: 116 (of 159)

Rank in course/Men: 92 (of 122)

Best time in course: 1:28:31

Rank in category: 16(of 23)

Best time in the category: 1:28:31

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	16:21	5:01	9	4:32	55	4:36	3.25	16:21	5:01	9	4:32	55	4:36
Lap 2	3.25	17:54	5:30	13	5:32	74	5:32	6.50	34:15	5:16	11	10:03	63	10:03
Lap 3	3.25	19:17	5:56	17	6:44	93	6:46	9.75	53:32	5:29	13	16:47	74	16:49
Lap 4	3.25	20:18	6:14	19	7:36	97	7:36	13.00	1:13:50	5:40	15	24:08	84	24:08
Lap 5	3.25	21:05	6:29	18	8:09	100	8:09	16.25	1:34:55	5:50	16	32:16	89	32:16
Lap 6	3.25	22:06	6:48	20	9:11	102	9:11	19.50	1:57:01	6:00	16	41:12	91	41:12
Last lap Finish	3.25	23:05	7:06	18	10:28	102	10:28	22.75	2:20:06	6:09	16	51:35	92	51:35