



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Kratochwill, Friedrich

Club: Laufwunder Steyr

Number: 569

Course: 22.75 km

Halbmarathon

Category:

Senioren M55 (55-59 Jahre)

Total time: 2:25:11

Speed: 9.09 km/h

Running performance: 6:23 min/km

Rank in course/Total: 122 (of 159)

Rank in course/Men: 98 (of 122)

Best time in course: 1:28:31

Rank in category: 11(of 14)

Best time in the category: 1:37:58

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	18:44	5:45	11	5:42	102	6:59	3.25	18:44	5:45	11	5:42	102	6:59	
Lap 2	3.25	18:57	5:49	11	5:25	98	6:35	6.50	37:41	5:47	11	11:07	99	13:29	
Lap 3	3.25	19:15	5:55	10	5:27	92	6:44	9.75	56:56	5:50	10	16:34	99	20:13	
Lap 4	3.25	19:53	6:07	8	5:54	91	7:11	13.00	1:16:49	5:54	10	22:28	96	27:07	
Lap 5	3.25	20:11	6:12	9	5:57	93	7:15	16.25	1:37:00	5:58	10	28:25	95	34:21	
Lap 6	3.25	22:06	6:48	11	7:21	102	9:11	19.50	1:59:06	6:06	10	35:46	98	43:17	
Last lap Finish	3.25	26:05	8:01	14	11:27	118	13:28	22.75	2:25:11	6:22	11	47:13	98	56:40	