



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Morgan, Nico

Club: Leipzig

Number: 386

Course: 22.75 km

Halbmarathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 2:27:25

Speed: 8.95 km/h

Running performance: 6:29 min/km

Rank in course/Total: 124 (of 159)

Rank in course/Men: 99 (of 122)

Best time in course: 1:28:31

Rank in category: 17(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	18:09	5:35	17	6:20	90	6:24	3.25	18:09	5:35	17	6:20	90	6:24
Lap 2	3.25	19:57	6:08	21	7:35	105	7:35	6.50	38:06	5:51	19	13:54	102	13:54
Lap 3	3.25	20:56	6:26	21	8:23	107	8:25	9.75	59:02	6:03	21	22:17	105	22:19
Lap 4	3.25	21:12	6:31	20	8:30	102	8:30	13.00	1:20:14	6:10	21	30:32	105	30:32
Lap 5	3.25	21:29	6:36	19	8:33	103	8:33	16.25	1:41:43	6:15	21	39:04	105	39:04
Lap 6	3.25	22:51	7:01	21	9:56	107	9:56	19.50	2:04:34	6:23	20	48:45	105	48:45
Last lap Finish	3.25	22:51	7:01	16	10:14	98	10:14	22.75	2:27:25	6:28	17	58:54	99	58:54