



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Dittrich, Holger

Club: Der Eingelaufene

Number: 316

Course: 22.75 km

Halbmarathon

Category:

Senioren M50 (50-54 Jahre)

Total time: 2:27:37

Speed: 9.25 km/h

Running performance: 6:29 min/km

Rank in course/Total: 125 (of 159)

Rank in course/Men: 100 (of 122)

Best time in course: 1:28:31

Rank in category: 15(of 17)

Best time in the category: 1:40:23

Intermediate times

Stage score

Total ranking

Control	Split			Pos		Behind		Total			Pos		Behind	
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Lap 1	3.25	19:25	5:58	15	6:12	107	7:40	3.25	19:25	5:58	15	6:12	107	7:40
Lap 2	3.25	19:49	6:05	15	5:57	104	7:27	6.50	39:14	6:02	15	12:09	106	15:02
Lap 3	3.25	20:09	6:11	15	6:04	101	7:38	9.75	59:23	6:05	15	18:13	106	22:40
Lap 4	3.25	20:22	6:15	14	5:31	98	7:40	13.00	1:19:45	6:08	15	23:44	104	30:03
Lap 5	3.25	21:32	6:37	15	6:43	104	8:36	16.25	1:41:17	6:13	15	30:27	104	38:38
Lap 6	3.25	22:38	6:57	14	7:47	106	9:43	19.50	2:03:55	6:21	15	38:14	102	48:06
Last lap Finish	3.25	23:42	7:17	15	9:00	106	11:05	22.75	2:27:37	6:29	15	47:14	100	59:06