



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Prost, Udo

Club: Team Knallgas

Number: 394

Course: 22.75 km

Halbmarathon

Category:

Senioren M50 (50-54 Jahre)

Total time: 2:28:14

Speed: 8.90 km/h

Running performance: 6:31 min/km

Rank in course/Total: 126 (of 159)

Rank in course/Men: 101 (of 122)

Best time in course: 1:28:31

Rank in category: 16(of 17)

Best time in the category: 1:40:23

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	3.25	19:36	6:01	16	6:23	109	7:51	3.25	19:36	6:01	16	6:23	109	7:51
Lap 2	3.25	20:59	6:27	16	7:07	111	8:37	6.50	40:35	6:14	16	13:30	109	16:23
Lap 3	3.25	21:07	6:29	16	7:02	109	8:36	9.75	1:01:42	6:19	16	20:32	110	24:59
Lap 4	3.25	21:59	6:45	16	7:08	110	9:17	13.00	1:23:41	6:26	16	27:40	111	33:59
Lap 5	3.25	22:30	6:55	16	7:41	115	9:34	16.25	1:46:11	6:32	16	35:21	112	43:32
Lap 6	3.25	23:34	7:15	15	8:43	112	10:39	19.50	2:09:45	6:39	16	44:04	112	53:56
Last lap Finish	3.25	18:29	5:41	8	3:47	63	5:52	22.75	2:28:14	6:30	16	47:51	101	59:43