



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Zitzmann, Stefan

Club: TriTraUlala

Number: 658

Course: 22.75 km

Halbmarathon

Category:

Männer (20-29 Jahre)

Total time: 2:28:16

Speed: 8.90 km/h

Running performance: 6:31 min/km

Rank in course/Total: 127 (of 159)

Rank in course/Men: 102 (of 122)

Best time in course: 1:28:31

Rank in category: 9(of 11)

Best time in the category: 1:30:23

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Stage score		Pos	Behind	Total		Pos	Behind	Total ranking	
	km	Time			min/km	Cat.			Men	Men			km	Time
Lap 1	3.25	19:41	6:03	9	7:56	111	7:56	3.25	19:41	6:03	9	7:56	111	7:56
Lap 2	3.25	19:19	5:56	9	6:52	102	6:57	6.50	39:00	6:00	9	14:48	105	14:48
Lap 3	3.25	19:36	6:01	9	7:05	99	7:05	9.75	58:36	6:00	9	21:53	104	21:53
Lap 4	3.25	22:53	7:02	9	9:54	114	10:11	13.00	1:21:29	6:16	9	31:47	106	31:47
Lap 5	3.25	20:56	6:26	10	7:34	98	8:00	16.25	1:42:25	6:18	9	39:21	107	39:46
Lap 6	3.25	21:55	6:44	10	7:52	101	9:00	19.50	2:04:20	6:22	9	47:13	103	48:31
Last lap Finish	3.25	23:56	7:21	10	10:40	108	11:19	22.75	2:28:16	6:31	9	57:53	102	59:45