



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Sauer, Patrick

Club: TeamLOS

Number: 408

Course: 22.75 km

Halbmarathon

Category:

Senioren M30 (30-34 Jahre)

Total time: 2:28:46

Speed: 9.18 km/h

Running performance: 6:32 min/km

Rank in course/Total: 128 (of 159)

Rank in course/Men: 103 (of 122)

Best time in course: 1:28:31

Rank in category: 17(of 18)

Best time in the category: 1:42:28

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Lap 1	3.25	17:41	5:26	14	5:03	84	5:56	3.25	17:41	5:26	14	5:03	84	5:56
Lap 2	3.25	20:08	6:11	18	6:33	106	7:46	6.50	37:49	5:49	18	11:17	101	13:37
Lap 3	3.25	20:18	6:14	17	5:41	102	7:47	9.75	58:07	5:57	18	16:34	103	21:24
Lap 4	3.25	21:14	6:31	17	6:44	103	8:32	13.00	1:19:21	6:06	18	23:10	103	29:39
Lap 5	3.25	21:50	6:43	17	6:41	107	8:54	16.25	1:41:11	6:13	18	29:50	103	38:32
Lap 6	3.25	23:18	7:10	17	7:40	111	10:23	19.50	2:04:29	6:23	17	37:30	104	48:40
Last lap Finish	3.25	24:17	7:28	18	9:25	110	11:40	22.75	2:28:46	6:32	17	46:18	103	1:00:15