



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: 8.87 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 | | | Pos | | Behind | |
|-----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|-------------|---------------|-----------------|-------------|----------------|------------|---------------|
| | | | | | | Pos Men | Behind Men | Total km | Total Time | Total min/km | Pos Cat. | Behind Cat. | 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 |