



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Rieder, Carsten

Club: Erfurt
Number: 398

Course: 22.75 km
Halbmarathon

Category:
Senioren M35 (35-39 Jahre)

Total time: 2:29:14

Speed: 8.85 km/h
Running performance: 6:34 min/km

Rank in course/Total: 129 (of 159)

Rank in course/Men: 104 (of 122)

Best time in course: 1:28:31

Rank in category: 15(of 19)

Best time in the category: 1:38:41

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	3.25	19:30	6:00	15	6:22	108	7:45	3.25	19:30	6:00	15	6:22	108	7:45
Lap 2	3.25	20:23	6:16	14	6:33	107	8:01	6.50	39:53	6:08	14	12:55	107	15:41
Lap 3	3.25	21:02	6:28	15	7:04	108	8:31	9.75	1:00:55	6:14	14	19:59	107	24:12
Lap 4	3.25	21:43	6:40	17	7:33	108	9:01	13.00	1:22:38	6:21	15	27:32	108	32:56
Lap 5	3.25	21:49	6:42	15	7:34	106	8:53	16.25	1:44:27	6:25	15	35:04	108	41:48
Lap 6	3.25	22:16	6:51	16	7:57	104	9:21	19.50	2:06:43	6:29	15	42:26	108	50:54
Last lap Finish	3.25	22:31	6:55	14	8:20	96	9:54	22.75	2:29:14	6:33	15	50:33	104	1:00:43