



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Beer, Michael

Club: steilformat.de

Number: 303

Course: 22.75 km

Halbmarathon

Category:

Senioren M35 (35-39 Jahre)

Total time: 2:30:29

Speed: 8.77 km/h

Running performance: 6:37 min/km

Rank in course/Total: 134 (of 159)

Rank in course/Men: 107 (of 122)

Best time in course: 1:28:31

Rank in category: 16(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.	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	18:43	5:45	14	5:35	101	6:58	3.25	18:43	5:45	14	5:35	101	6:58
Lap 2	3.25	21:52	6:43	18	8:02	117	9:30	6.50	40:35	6:14	15	13:37	109	16:23
Lap 3	3.25	22:02	6:46	18	8:04	117	9:31	9.75	1:02:37	6:25	16	21:41	113	25:54
Lap 4	3.25	21:25	6:35	16	7:15	106	8:43	13.00	1:24:02	6:27	16	28:56	113	34:20
Lap 5	3.25	21:52	6:43	16	7:37	108	8:56	16.25	1:45:54	6:31	16	36:31	111	43:15
Lap 6	3.25	21:45	6:41	14	7:26	98	8:50	19.50	2:07:39	6:32	16	43:22	109	51:50
Last lap Finish	3.25	22:50	7:01	15	8:39	97	10:13	22.75	2:30:29	6:36	16	51:48	107	1:01:58