



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Daub, Burkhard

Club: Team Knallgas

Number: 311

Course: 22.75 km

Halbmarathon

Category:

Senioren M55 (55-59 Jahre)

Total time: 2:30:42

Speed: 8.76 km/h

Running performance: 6:37 min/km

Rank in course/Total: 135 (of 159)

Rank in course/Men: 108 (of 122)

Best time in course: 1:28:31

Rank in category: 12(of 14)

Best time in the category: 1:37:58

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	19:36	6:01	12	6:34	109	7:51	3.25	19:36	6:01	12	6:34	109	7:51
Lap 2	3.25	21:00	6:27	13	7:28	112	8:38	6.50	40:36	6:14	12	14:02	111	16:24
Lap 3	3.25	21:07	6:29	12	7:19	109	8:36	9.75	1:01:43	6:19	12	21:21	111	25:00
Lap 4	3.25	21:59	6:45	12	8:00	110	9:17	13.00	1:23:42	6:26	13	29:21	112	34:00
Lap 5	3.25	22:29	6:55	13	8:15	114	9:33	16.25	1:46:11	6:32	13	37:36	112	43:32
Lap 6	3.25	23:35	7:15	13	8:50	113	10:40	19.50	2:09:46	6:39	13	46:26	113	53:57
Last lap Finish	3.25	20:56	6:26	10	6:18	84	8:19	22.75	2:30:42	6:37	12	52:44	108	1:02:11