



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Sülzner, Mike

Club: Sportshop-Triathlon Team

Number: 434

Course: 22.75 km

Halbmarathon

Category:

Senioren M35 (35-39 Jahre)

Total time: 2:34:56

Speed: 8.81 km/h

Running performance: 6:49 min/km

Rank in course/Total: 141 (of 159)

Rank in course/Men: 112 (of 122)

Best time in course: 1:28:31

Rank in category: 18(of 19)

Best time in the category: 1:38:41

Intermediate times

Stage score

Total ranking

Control	Intermediate times				Stage score				Total ranking					
	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	21:50	6:43	18	8:42	118	10:05	3.25	21:50	6:43	18	8:42	118	10:05
Lap 2	3.25	21:17	6:32	17	7:27	113	8:55	6.50	43:07	6:38	18	16:09	117	18:55
Lap 3	3.25	21:25	6:35	17	7:27	114	8:54	9.75	1:04:32	6:37	18	23:36	116	27:49
Lap 4	3.25	23:26	7:12	18	9:16	117	10:44	13.00	1:27:58	6:46	18	32:52	116	38:16
Lap 5	3.25	22:15	6:50	18	8:00	112	9:19	16.25	1:50:13	6:46	18	40:50	115	47:34
Lap 6	3.25	21:47	6:42	15	7:28	99	8:52	19.50	2:12:00	6:46	18	47:43	115	56:11
Last lap Finish	3.25	22:56	7:03	16	8:45	99	10:19	22.75	2:34:56	6:48	18	56:15	112	1:06:25