



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Behrens, Flipp

Club: Sportshop-Triathlon Team

Number: 304

Course: 22.75 km

Halbmarathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 2:34:56

Speed: 8.81 km/h

Running performance: 6:49 min/km

Rank in course/Total: 142 (of 159)

Rank in course/Men: 112 (of 122)

Best time in course: 1:28:31

Rank in category: 20(of 23)

Best time in the category: 1:28:31

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	21:52	6:43	23	10:03	119	10:07	3.25	21:52	6:43	23	10:03	119	10:07
Lap 2	3.25	21:20	6:33	22	8:58	115	8:58	6.50	43:12	6:38	23	19:00	118	19:00
Lap 3	3.25	21:20	6:33	22	8:47	111	8:49	9.75	1:04:32	6:37	23	27:47	116	27:49
Lap 4	3.25	23:26	7:12	23	10:44	117	10:44	13.00	1:27:58	6:46	23	38:16	116	38:16
Lap 5	3.25	22:15	6:50	21	9:19	112	9:19	16.25	1:50:13	6:46	23	47:34	115	47:34
Lap 6	3.25	21:47	6:42	19	8:52	99	8:52	19.50	2:12:00	6:46	23	56:11	115	56:11
Last lap Finish	3.25	22:56	7:03	17	10:19	99	10:19	22.75	2:34:56	6:48	20	1:06:25	112	1:06:25