



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Skowronek, Adrian

Club: Taunusstein

Number: 429

Course: 22.75 km

Halbmarathon

Category:

Senioren M35 (35-39 Jahre)

Total time: 2:34:54

Speed: 8.52 km/h

Running performance: 6:49 min/km

Rank in course/Total: 140 (of 159)

Rank in course/Men: 111 (of 122)

Best time in course: 1:28:31

Rank in category: 17(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	22:06	6:48	19	8:58	120	10:21	3.25	22:06	6:48	19	8:58	120	10:21
Lap 2	3.25	20:51	6:24	16	7:01	110	8:29	6.50	42:57	6:36	17	15:59	116	18:45
Lap 3	3.25	21:22	6:34	16	7:24	112	8:51	9.75	1:04:19	6:35	17	23:23	115	27:36
Lap 4	3.25	21:04	6:28	15	6:54	101	8:22	13.00	1:25:23	6:34	17	30:17	114	35:41
Lap 5	3.25	21:58	6:45	17	7:43	110	9:02	16.25	1:47:21	6:36	17	37:58	114	44:42
Lap 6	3.25	24:02	7:23	18	9:43	115	11:07	19.50	2:11:23	6:44	17	47:06	114	55:34
Last lap Finish	3.25	23:31	7:14	17	9:20	105	10:54	22.75	2:34:54	6:48	17	56:13	111	1:06:23