



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Bay, Henrik

Club: Rosenløberne

Number: 505

Course: 22.75 km

Halbmarathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 2:41:57

Speed: 8.43 km/h

Running performance: 7:07 min/km

Rank in course/Total: 147 (of 159)

Rank in course/Men: 115 (of 122)

Best time in course: 1:28:31

Rank in category: 21(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	19:02	5:51	21	7:13	105	7:17	3.25	19:02	5:51	21	7:13	105	7:17
Lap 2	3.25	18:42	5:45	17	6:20	95	6:20	6.50	37:44	5:48	18	13:32	100	13:32
Lap 3	3.25	19:02	5:51	16	6:29	87	6:31	9.75	56:46	5:49	17	20:01	96	20:03
Lap 4	3.25	19:31	6:00	15	6:49	86	6:49	13.00	1:16:17	5:52	17	26:35	94	26:35
Lap 5	3.25	22:54	7:02	22	9:58	116	9:58	16.25	1:39:11	6:06	19	36:32	99	36:32
Lap 6	3.25	19:47	6:05	13	6:52	75	6:52	19.50	1:58:58	6:06	19	43:09	97	43:09
Last lap Finish	3.25	42:59	13:13	21	30:22	120	30:22	22.75	2:41:57	7:07	21	1:13:26	115	1:13:26