



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: 8.15 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 |