



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Höpp, Frank

Club: Reisegruppe Schlemmerblock
Number: 339

Course: 22.75 km
Halbmarathon

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:41:42

Speed: 8.44 km/h
Running performance: 7:07 min/km

Rank in course/Total: 146 (of 159)

Rank in course/Men: 114 (of 122)

Best time in course: 1:28:31

Rank in category: 15(of 15)

Best time in the category: 1:34:48

Intermediate times				Stage score				Total ranking						
Control	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	22:09	6:48	15	9:43	121	10:24	3.25	22:09	6:48	15	9:43	121	10:24
Lap 2	3.25	23:14	7:08	15	9:54	120	10:52	6.50	45:23	6:58	15	19:37	120	21:11
Lap 3	3.25	22:42	6:59	15	9:13	119	10:11	9.75	1:08:05	6:58	15	28:50	120	31:22
Lap 4	3.25	23:05	7:06	15	9:28	115	10:23	13.00	1:31:10	7:00	15	38:18	118	41:28
Lap 5	3.25	23:11	7:08	15	9:17	117	10:15	16.25	1:54:21	7:02	15	47:35	118	51:42
Lap 6	3.25	24:21	7:29	15	10:14	116	11:26	19.50	2:18:42	7:06	15	57:49	118	1:02:53
Last lap Finish	3.25	23:00	7:04	15	9:05	101	10:23	22.75	2:41:42	7:06	15	1:06:54	114	1:13:11