



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Michelko, Peter

Club: CHAKRA TEAM Cottbus

Number: 383

Course: 22.75 km

Halbmarathon

Category:

Senioren M55 (55-59 Jahre)

Total time: 2:48:03

Speed: 8.12 km/h

Running performance: 7:23 min/km

Rank in course/Total: 154 (of 159)

Rank in course/Men: 119 (of 122)

Best time in course: 1:28:31

Rank in category: 14(of 14)

Best time in the category: 1:37:58

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	20:28	6:17	14	7:26	115	8:43	3.25	20:28	6:17	14	7:26	115	8:43	
Lap 2	3.25	22:18	6:51	14	8:46	118	9:56	6.50	42:46	6:34	14	16:12	115	18:34	
Lap 3	3.25	24:02	7:23	14	10:14	120	11:31	9.75	1:06:48	6:51	14	26:26	118	30:05	
Lap 4	3.25	25:19	7:47	14	11:20	120	12:37	13.00	1:32:07	7:05	14	37:46	120	42:25	
Lap 5	3.25	25:48	7:56	14	11:34	121	12:52	16.25	1:57:55	7:15	14	49:20	120	55:16	
Lap 6	3.25	25:06	7:43	14	10:21	120	12:11	19.50	2:23:01	7:20	14	59:41	121	1:07:12	
Last lap Finish	3.25	25:02	7:42	13	10:24	115	12:25	22.75	2:48:03	7:23	14	1:10:05	119	1:19:32	