



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Biesel, René

Club: Gemmrigheim

Number: 507

Course: 22.75 km

Halbmarathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 3:31:21

Speed: 6.25 km/h

Running performance: 9:17 min/km

Rank in course/Total: 159 (of 159)

Rank in course/Men: 122 (of 122)

Best time in course: 1:28:31

Rank in category: 23(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.	Pos Men	Behind Men	Total		Total		Total		Pos Cat.	Behind Cat.	Pos Men	Behind Men	
								km	Time	min/km	Pos	Behind	Pos					Behind
Lap 1	3.25	19:19	5:56	22	7:30	106	7:34	3.25	19:19	5:56	22	7:30	106	7:34				
Lap 2	3.25	19:15	5:55	19	6:53	101	6:53	6.50	38:34	5:56	21	14:22	104	14:22				
Lap 3	3.25	18:19	5:38	12	5:46	74	5:48	9.75	56:53	5:50	18	20:08	98	20:10				
Lap 4	3.25	18:18	5:37	12	5:36	67	5:36	13.00	1:15:11	5:46	16	25:29	89	25:29				
Lap 5	3.25	17:48	5:28	10	4:52	56	4:52	16.25	1:32:59	5:43	14	30:20	82	30:20				
Lap 6	3.25	19:32	6:00	12	6:37	71	6:37	19.50	1:52:31	5:46	13	36:42	79	36:42				
Last lap Finish	3.25	1:38:50	30:24	23	1:26:13	122	1:26:13	22.75	3:31:21	9:17	23	2:02:50	122	2:02:50				