



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Halvorsen, John

Club: SØAM

Number: 540

Course: 42.25 km

Marathon

Category:

Senioren M55 (55-59 Jahre)

Total time: 4:44:53

Speed: 8.85 km/h

Running performance: 6:44 min/km

Rank in course/Total: 106 (of 119)

Rank in course/Men: 98 (of 107)

Best time in course: 2:53:03

Rank in category: 9(of 10)

Best time in the category: 3:23:54

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Behind	Total		Pos	Behind	Pos		Behind
	km	Time			min/km	Cat.		Men	Men			km	Time	
Lap 1	3.25	19:29	5:59	9	5:49	94	7:40	3.25	19:29	5:59	9	5:49	94	7:40
Lap 2	3.25	19:13	5:54	8	4:29	86	6:33	6.50	38:42	5:57	8	10:17	92	14:13
Lap 3	3.25	19:20	5:56	7	4:47	84	6:49	9.75	58:02	5:57	8	14:44	90	20:49
Lap 4	3.25	19:17	5:56	7	4:55	84	6:38	13.00	1:17:19	5:56	8	19:39	87	27:19
Lap 5	3.25	19:35	6:01	7	5:21	83	6:38	16.25	1:36:54	5:57	7	25:00	85	33:57
Lap 6	3.25	19:42	6:03	7	5:02	85	6:36	19.50	1:56:36	5:58	7	30:02	84	40:27
Lap 7	3.25	20:37	6:20	8	5:55	87	7:33	22.75	2:17:13	6:01	7	35:57	84	47:47
Lap 8	3.25	21:39	6:39	9	6:33	94	8:34	26.00	2:38:52	6:06	7	42:30	85	56:21
Lap 9	3.25	26:01	8:00	10	10:51	106	12:26	29.25	3:04:53	6:19	9	53:21	92	1:08:47
Lap 10	3.25	23:53	7:20	10	7:32	98	9:46	32.50	3:28:46	6:25	10	1:00:53	94	1:18:33
Lap 11	3.25	25:39	7:53	10	7:30	101	11:42	35.75	3:54:25	6:33	10	1:08:23	97	1:30:15
Lap 12	3.25	24:57	7:40	10	6:25	98	10:55	39.00	4:19:22	6:39	10	1:14:26	98	1:41:10
Last lap Finish	3.25	25:31	7:51	9	7:50	97	10:40	42.25	4:44:53	6:44	9	1:20:59	98	1:51:50