



11. Kristall-Marathon

Merkers / 12.02.2017

Detailed evaluation

ISENSEE, Roland

Club: Berlin
Number: 242

Course: 22.75 km
Halbmarathon

Category:
Senioren M40 (40-44 Jahre)

Total time: 1:46:00

Speed: 12.45 km/h
Running performance: 4:40 min/km

Rank in course/Total: 18 (of 149)

Rank in course/Men: 18 (of 114)

Best time in course: 1:27:11

Rank in category: 5(of 24)

Best time in the category: 1:34:42

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	14:36	4:29	5	1:54	23	2:54	3.25	14:36	4:29	5	1:54	23	2:54
Lap 2	3.25	15:03	4:37	5	1:37	23	2:29	6.50	29:39	4:33	5	3:31	24	5:23
Lap 3	3.25	15:26	4:44	6	2:00	27	3:03	9.75	45:05	4:37	5	5:31	23	8:26
Lap 4	3.25	15:39	4:48	6	1:53	28	3:06	13.00	1:00:44	4:40	5	7:24	25	11:32
Lap 5	3.25	15:40	4:49	5	1:46	22	2:58	16.25	1:16:24	4:42	5	9:10	25	14:30
Lap 6	3.25	15:31	4:46	3	1:23	16	2:38	19.50	1:31:55	4:42	5	10:33	22	17:07
Last lap Finish	3.25	14:05	4:20	2	0:45	6	1:42	22.75	1:46:00	4:39	5	11:18	18	18:49