



11. Kristall-Marathon

Merkers / 12.02.2017

Detailed evaluation

HARRANDT, Manuel

Club: Laufrausch Rudolstadt

Number: 232

Course: 22.75 km

Halbmarathon

Category:

Senioren M30 (30-34 Jahre)

Total time: 1:55:02

Speed: 11.47 km/h

Running performance: 5:04 min/km

Rank in course/Total: 43 (of 149)

Rank in course/Men: 39 (of 114)

Best time in course: 1:27:11

Rank in category: 5(of 8)

Best time in the category: 1:33:17

Intermediate times

Stage score

Total ranking

Control	Intermediate times					Stage score			Total ranking					
	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	15:03	4:37	5	2:32	31	3:21	3.25	15:03	4:37	5	2:32	31	3:21
Lap 2	3.25	15:41	4:49	5	2:47	34	3:07	6.50	30:44	4:43	5	5:19	31	6:28
Lap 3	3.25	16:12	4:59	5	3:01	40	3:49	9.75	46:56	4:48	5	8:20	33	10:17
Lap 4	3.25	16:52	5:11	5	3:29	43	4:19	13.00	1:03:48	4:54	5	11:49	39	14:36
Lap 5	3.25	17:16	5:18	5	3:49	45	4:34	16.25	1:21:04	4:59	5	15:38	40	19:10
Lap 6	3.25	17:26	5:21	5	3:38	44	4:33	19.50	1:38:30	5:03	5	19:16	40	23:42
Last lap Finish	3.25	16:32	5:05	3	2:29	26	4:09	22.75	1:55:02	5:03	5	21:45	39	27:51