



11. Kristall-Marathon

Merkers / 12.02.2017

Detailed evaluation

ZAHRADNIK, Heiko

Club: Karben

Number: 352

Course: 22.75 km

Halbmarathon

Category:

Senioren M35 (35-39 Jahre)

Total time: 2:01:25

Speed: 10.87 km/h

Running performance: 5:20 min/km

Rank in course/Total: 58 (of 149)

Rank in course/Men: 51 (of 114)

Best time in course: 1:27:11

Rank in category: 10(of 20)

Best time in the category: 1:38:31

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	16:58	5:13	11	4:44	59	5:16	3.25	16:58	5:13	11	4:44	59	5:16
Lap 2	3.25	17:30	5:23	11	3:46	65	4:56	6.50	34:28	5:18	10	8:30	64	10:12
Lap 3	3.25	17:36	5:24	9	3:33	61	5:13	9.75	52:04	5:20	10	11:54	62	15:25
Lap 4	3.25	17:33	5:24	10	3:16	57	5:00	13.00	1:09:37	5:21	10	14:58	59	20:25
Lap 5	3.25	17:50	5:29	10	3:29	53	5:08	16.25	1:27:27	5:22	10	17:48	59	25:33
Lap 6	3.25	17:18	5:19	8	2:38	41	4:25	19.50	1:44:45	5:22	10	20:24	55	29:57
Last lap Finish	3.25	16:40	5:07	7	2:30	35	4:17	22.75	2:01:25	5:20	10	22:54	51	34:14