



11. Kristall-Marathon

Merkers / 12.02.2017

Detailed evaluation

KRUHL-HABAKUK, Olaf

Club: München

Number: 254

Course: 22.75 km

Halbmarathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 2:04:00

Speed: 10.65 km/h

Running performance: 5:27 min/km

Rank in course/Total: 65 (of 149)

Rank in course/Men: 57 (of 114)

Best time in course: 1:27:11

Rank in category: 10(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.	Stage score		Total ranking							
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Lap 1	3.25	18:56	5:49	16	6:14	89	7:14	3.25	18:56	5:49	16	6:14	89	7:14	
Lap 2	3.25	18:33	5:42	17	5:07	83	5:59	6.50	37:29	5:46	16	11:21	84	13:13	
Lap 3	3.25	19:34	6:01	19	6:08	89	7:11	9.75	57:03	5:51	18	17:29	88	20:24	
Lap 4	3.25	16:51	5:11	8	3:05	42	4:18	13.00	1:13:54	5:41	16	20:34	73	24:42	
Lap 5	3.25	16:33	5:05	8	2:39	36	3:51	16.25	1:30:27	5:33	13	23:13	66	28:33	
Lap 6	3.25	16:56	5:12	8	2:48	37	4:03	19.50	1:47:23	5:30	11	26:01	61	32:35	
Last lap Finish	3.25	16:37	5:06	5	3:17	29	4:14	22.75	2:04:00	5:27	10	29:18	57	36:49	