



11. Kristall-Marathon

Merkers / 12.02.2017

Detailed evaluation

KASBERG, Bodo

Club: FH Runners Berlin

Number: 246

Course: 22.75 km

Halbmarathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 2:07:14

Speed: 10.37 km/h

Running performance: 5:35 min/km

Rank in course/Total: 69 (of 149)

Rank in course/Men: 61 (of 114)

Best time in course: 1:27:11

Rank in category: 11(of 24)

Best time in the category: 1:34:42

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	15:53	4:53	8	3:11	42	4:11	3.25	15:53	4:53	8	3:11	42	4:11
Lap 2	3.25	15:50	4:52	7	2:24	37	3:16	6.50	31:43	4:52	7	5:35	38	7:27
Lap 3	3.25	16:25	5:03	8	2:59	42	4:02	9.75	48:08	4:56	8	8:34	42	11:29
Lap 4	3.25	17:04	5:15	11	3:18	49	4:31	13.00	1:05:12	5:00	8	11:52	42	16:00
Lap 5	3.25	19:26	5:58	16	5:32	72	6:44	16.25	1:24:38	5:12	9	17:24	48	22:44
Lap 6	3.25	21:09	6:30	18	7:01	88	8:16	19.50	1:45:47	5:25	10	24:25	59	30:59
Last lap Finish	3.25	21:27	6:35	18	8:07	86	9:04	22.75	2:07:14	5:35	11	32:32	61	40:03