



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

FORSTER, Josef jun.

Club: SV Dolling

Number: 361

Course: 22.75 km

Halbmarathon

Category:

Senioren M30 (30-34 Jahre)

Total time: 1:41:02

Speed: 13.06 km/h

Running performance: 4:26 min/km

Rank in course/Total: 23 (of 261)

Rank in course/Men: 23 (of 215)

Best time in course: 1:25:10

Rank in category: 6(of 19)

Best time in the category: 1:25:10

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	14:20	4:24	6	3:02	40	3:02	3.25	14:20	4:24	6	3:02	40	3:02
Lap 2	3.25	14:12	4:22	6	2:23	29	2:23	6.50	28:32	4:23	6	5:11	29	5:11
Lap 3	3.25	14:27	4:26	5	2:15	25	2:15	9.75	42:59	4:24	6	7:26	26	7:26
Lap 4	3.25	14:22	4:25	7	1:56	22	1:56	13.00	57:21	4:24	6	9:22	25	9:22
Lap 5	3.25	14:39	4:30	7	2:09	24	2:09	16.25	1:12:00	4:25	6	11:31	25	11:31
Lap 6	3.25	14:41	4:31	6	2:13	20	2:13	19.50	1:26:41	4:26	6	13:44	23	13:44
Last lap Finish	3.25	14:21	4:24	4	2:08	17	12:15	22.75	1:41:02	4:26	6	15:52	25	1:38:56