



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

KOCH, Torsten

Club: Fc Hansa Rostock

Number: 415

Course: 22.75 km

Halbmarathon

Category:

Senioren M35 (35-39 Jahre)

Total time: 2:04:23

Speed: 10.61 km/h

Running performance: 5:28 min/km

Rank in course/Total: 103 (of 261)

Rank in course/Men: 93 (of 215)

Best time in course: 1:25:10

Rank in category: 21(of 35)

Best time in the category: 1:31:26

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	15:26	4:44	19	3:50	70	4:08	3.25	15:26	4:44	19	3:50	70	4:08
Lap 2	3.25	16:26	5:03	22	3:47	83	4:37	6.50	31:52	4:54	21	7:28	76	8:31
Lap 3	3.25	17:06	5:15	21	4:06	90	4:54	9.75	48:58	5:01	20	11:19	79	13:25
Lap 4	3.25	17:57	5:31	21	4:56	99	5:31	13.00	1:06:55	5:08	21	15:46	82	18:56
Lap 5	3.25	18:51	5:48	22	5:33	110	6:21	16.25	1:25:46	5:16	21	21:14	90	25:17
Lap 6	3.25	19:25	5:58	23	5:43	113	6:57	19.50	1:45:11	5:23	21	26:57	91	32:14
Last lap Finish	3.25	19:12	5:54	22	6:08	106	17:06	22.75	2:04:23	5:28	21	32:57	95	2:02:17