



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

Henning, Thomas

Club: SV 1885 Teutschenthal

Number: 478

Course: 22.75 km

Halbmarathon

Category:

Senioren M30 (30-34 Jahre)

Total time: 2:08:14

Speed: 10.29 km/h

Running performance: 5:38 min/km

Rank in course/Total: 121 (of 261)

Rank in course/Men: 108 (of 215)

Best time in course: 1:25:10

Rank in category: 16(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	15:32	4:46	12	4:14	73	4:14	3.25	15:32	4:46	12	4:14	73	4:14
Lap 2	3.25	15:55	4:53	11	4:06	73	4:06	6.50	31:27	4:50	10	8:06	72	8:06
Lap 3	3.25	16:23	5:02	11	4:11	68	4:11	9.75	47:50	4:54	11	12:17	70	12:17
Lap 4	3.25	19:42	6:03	18	7:16	148	7:16	13.00	1:07:32	5:11	15	19:33	89	19:33
Lap 5	3.25	20:53	6:25	18	8:23	159	8:23	16.25	1:28:25	5:26	15	27:56	102	27:56
Lap 6	3.25	20:10	6:12	17	7:42	130	7:42	19.50	1:48:35	5:34	17	35:38	108	35:38
Last lap Finish	3.25	19:39	6:02	16	7:26	122	17:33	22.75	2:08:14	5:38	16	43:04	110	2:06:08