



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

TRINKNER, Carsten

Club: Alcher TG

Number: 529

Course: 22.75 km

Halbmarathon

Category:

Senioren M50 (50-54 Jahre)

Total time: 2:19:11

Speed: 9.48 km/h

Running performance: 6:07 min/km

Rank in course/Total: 168 (of 261)

Rank in course/Men: 150 (of 215)

Best time in course: 1:25:10

Rank in category: 28(of 42)

Best time in the category: 1:35:41

Intermediate times

Stage score

Total ranking

| Control | Split km | Split Time | Split min/km | Pos Cat. | Behind Cat. | Stage score | | Total | | Total min/km | Pos Cat. | Behind Cat. | Total ranking | |
|-----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|-------|---------|-----------------|-------------|----------------|---------------|---------------|
| | | | | | | Pos Men | Behind Men | km | Time | | | | Pos Men | Behind Men |
| Lap 1 | 3.25 | 19:56 | 6:08 | 35 | 7:24 | 177 | 8:38 | 3.25 | 19:56 | 6:08 | 35 | 7:24 | 177 | 8:38 |
| Lap 2 | 3.25 | 19:15 | 5:55 | 32 | 6:04 | 166 | 7:26 | 6.50 | 39:11 | 6:01 | 35 | 13:28 | 172 | 15:50 |
| Lap 3 | 3.25 | 19:06 | 5:52 | 27 | 5:31 | 148 | 6:54 | 9.75 | 58:17 | 5:58 | 31 | 18:59 | 165 | 22:44 |
| Lap 4 | 3.25 | 19:44 | 6:04 | 28 | 5:35 | 151 | 7:18 | 13.00 | 1:18:01 | 6:00 | 30 | 24:34 | 163 | 30:02 |
| Lap 5 | 3.25 | 19:58 | 6:08 | 28 | 5:34 | 141 | 7:28 | 16.25 | 1:37:59 | 6:01 | 28 | 29:53 | 160 | 37:30 |
| Lap 6 | 3.25 | 21:15 | 6:32 | 30 | 7:24 | 156 | 8:47 | 19.50 | 1:59:14 | 6:06 | 28 | 37:17 | 159 | 46:17 |
| Last lap Finish | 3.25 | 19:57 | 6:08 | 24 | 6:13 | 126 | 17:51 | 22.75 | 2:19:11 | 6:07 | 28 | 43:30 | 152 | 2:17:05 |