



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

KUBASCH, Holger

Club: Lokomotive Larry

Number: 419

Course: 22.75 km

Halbmarathon

Category:

Senioren M35 (35-39 Jahre)

Total time: 2:22:32

Speed: 9.26 km/h

Running performance: 6:16 min/km

Rank in course/Total: 179 (of 261)

Rank in course/Men: 160 (of 215)

Best time in course: 1:25:10

Rank in category: 29(of 35)

Best time in the category: 1:31:26

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking							
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Lap 1	3.25	19:55	6:07	32	8:19	175	8:37	3.25	19:55	6:07	32	8:19	175	8:37	
Lap 2	3.25	19:03	5:51	29	6:24	161	7:14	6.50	38:58	5:59	30	14:34	167	15:37	
Lap 3	3.25	19:38	6:02	30	6:38	165	7:26	9.75	58:36	6:00	30	20:57	168	23:03	
Lap 4	3.25	20:39	6:21	29	7:38	167	8:13	13.00	1:19:15	6:05	30	28:06	169	31:16	
Lap 5	3.25	20:57	6:26	28	7:39	160	8:27	16.25	1:40:12	6:09	30	35:40	165	39:43	
Lap 6	3.25	20:50	6:24	30	7:08	151	8:22	19.50	2:01:02	6:12	29	42:48	162	48:05	
Last lap Finish	3.25	21:30	6:36	29	8:26	158	19:24	22.75	2:22:32	6:15	29	51:06	162	2:20:26	