



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

BORNACK, Olaf

Club: CEBU EXECUTIVE RUNNERS CLUB

Number: 616

Course: 22.75 km

Halbmarathon

Category:

Senioren M50 (50-54 Jahre)

Total time: 1:51:04

Speed: 12.29 km/h

Running performance: 4:53 min/km

Rank in course/Total: 59 (of 261)

Rank in course/Men: 55 (of 215)

Best time in course: 1:25:10

Rank in category: 9(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		Total		Total ranking	
						Pos Men	Behind Men	km	Time	min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Lap 1	3.25	14:38	4:30	10	2:06	50	3:20	3.25	14:38	4:30	10	2:06	50	3:20	
Lap 2	3.25	15:01	4:37	8	1:50	47	3:12	6.50	29:39	4:33	9	3:56	49	6:18	
Lap 3	3.25	15:36	4:47	9	2:01	55	3:24	9.75	45:15	4:38	8	5:57	50	9:42	
Lap 4	3.25	15:47	4:51	8	1:38	56	3:21	13.00	1:01:02	4:41	8	7:35	50	13:03	
Lap 5	3.25	16:04	4:56	7	1:40	53	3:34	16.25	1:17:06	4:44	9	9:00	53	16:37	
Lap 6	3.25	16:34	5:05	10	2:43	58	4:06	19.50	1:33:40	4:48	9	11:43	53	20:43	
Last lap Finish	3.25	17:24	5:21	13	3:40	74	15:18	22.75	1:51:04	4:52	9	15:23	57	1:48:58	