



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

NIESIK, Peter

Club: -

Number: 739

Course: 22.75 km

Halbmarathon

Category:

Senioren M35 (35-39 Jahre)

Total time: 2:20:08

Speed: 9.42 km/h

Running performance: 6:10 min/km

Rank in course/Total: 174 (of 261)

Rank in course/Men: 155 (of 215)

Best time in course: 1:25:10

Rank in category: 28(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	3.25	15:35	4:47	20	3:59	76	4:17	3.25	15:35	4:47	20	3:59	76	4:17
Lap 2	3.25	16:39	5:07	23	4:00	93	4:50	6.50	32:14	4:57	22	7:50	82	8:53
Lap 3	3.25	18:59	5:50	27	5:59	145	6:47	9.75	51:13	5:15	23	13:34	98	15:40
Lap 4	3.25	23:43	7:17	33	10:42	201	11:17	13.00	1:14:56	5:45	26	23:47	143	26:57
Lap 5	3.25	20:06	6:11	26	6:48	145	7:36	16.25	1:35:02	5:50	25	30:30	140	34:33
Lap 6	3.25	20:48	6:24	29	7:06	149	8:20	19.50	1:55:50	5:56	25	37:36	140	42:53
Last lap Finish	3.25	24:18	7:28	32	11:14	184	22:12	22.75	2:20:08	6:09	28	48:42	157	2:18:02