



11. Kristall-Marathon

Merkers / 12.02.2017

Detailed evaluation

SCHRÖDER, Frank

Club: Rhein-Berg Runners

Number: 322

Course: 22.75 km

Halbmarathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:29:24

Speed: 14.77 km/h

Running performance: 3:56 min/km

Rank in course/Total: 2 (of 149)

Rank in course/Men: 2 (of 114)

Best time in course: 1:27:11

Rank in category: 1(of 28)

Best time in the category: 1:29:24

Intermediate times

Stage score

Total ranking

Control	Intermediate times				Stage score				Total ranking					
	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	12:11	3:44	1	-	2	0:29	3.25	12:11	3:44	1	-	2	0:29
Lap 2	3.25	12:51	3:57	1	-	3	0:17	6.50	25:02	3:51	1	-	2	0:46
Lap 3	3.25	12:58	3:59	1	-	3	0:35	9.75	38:00	3:53	1	-	2	1:21
Lap 4	3.25	12:43	3:54	1	-	2	0:10	13.00	50:43	3:54	1	-	2	1:31
Lap 5	3.25	12:50	3:56	1	-	2	0:08	16.25	1:03:33	3:54	1	-	2	1:39
Lap 6	3.25	12:53	3:57	1	-	1	-	19.50	1:16:26	3:55	1	-	2	1:38
Last lap Finish	3.25	12:58	3:59	1	-	2	0:35	22.75	1:29:24	3:55	1	-	2	2:13