



11. Kristall-Marathon

Merkers / 12.02.2017

Detailed evaluation

WICKLES, Roland

Club: MaliCrew e.V.

Number: 348

Course: 22.75 km

Halbmarathon

Category:

Senioren M30 (30-34 Jahre)

Total time: 1:33:17

Speed: 14.15 km/h

Running performance: 4:06 min/km

Rank in course/Total: 4 (of 149)

Rank in course/Men: 4 (of 114)

Best time in course: 1:27:11

Rank in category: 1(of 8)

Best time in the category: 1:33:17

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	12:31	3:51	1	-	5	0:49	3.25	12:31	3:51	1	-	5	0:49
Lap 2	3.25	12:54	3:58	1	-	4	0:20	6.50	25:25	3:54	1	-	4	1:09
Lap 3	3.25	13:11	4:03	1	-	4	0:48	9.75	38:36	3:57	1	-	4	1:57
Lap 4	3.25	13:23	4:07	1	-	4	0:50	13.00	51:59	3:59	1	-	4	2:47
Lap 5	3.25	13:27	4:08	1	-	4	0:45	16.25	1:05:26	4:01	1	-	4	3:32
Lap 6	3.25	13:48	4:14	1	-	4	0:55	19.50	1:19:14	4:03	1	-	4	4:26
Last lap Finish	3.25	14:03	4:19	1	-	5	1:40	22.75	1:33:17	4:06	1	-	4	6:06