



11. Kristall-Marathon

Merkers / 12.02.2017

Detailed evaluation

RUCKES, Sascha

Club: ASV Köln Triathlon

Number: 304

Course: 22.75 km

Halbmarathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 1:34:42

Speed: 13.94 km/h

Running performance: 4:10 min/km

Rank in course/Total: 5 (of 149)

Rank in course/Men: 5 (of 114)

Best time in course: 1:27:11

Rank in category: 1(of 24)

Best time in the category: 1:34:42

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	12:42	3:54	1	-	8	1:00	3.25	12:42	3:54	1	-	8	1:00
Lap 2	3.25	13:26	4:08	1	-	5	0:52	6.50	26:08	4:01	1	-	6	1:52
Lap 3	3.25	13:26	4:08	1	-	5	1:03	9.75	39:34	4:03	1	-	5	2:55
Lap 4	3.25	13:46	4:14	1	-	5	1:13	13.00	53:20	4:06	1	-	5	4:08
Lap 5	3.25	13:54	4:16	1	-	5	1:12	16.25	1:07:14	4:08	1	-	5	5:20
Lap 6	3.25	14:08	4:20	1	-	5	1:15	19.50	1:21:22	4:10	1	-	5	6:34
Last lap Finish	3.25	13:20	4:06	1	-	4	0:57	22.75	1:34:42	4:09	1	-	5	7:31