



11. Kristall-Marathon

Merkers / 12.02.2017

Detailed evaluation

TRABANDT, Jan

Club: FH Runners Berlin

Number: 338

Course: 22.75 km

Halbmarathon

Category:

Senioren M50 (50-54 Jahre)

Total time: 1:39:46

Speed: 13.23 km/h

Running performance: 4:23 min/km

Rank in course/Total: 9 (of 149)

Rank in course/Men: 9 (of 114)

Best time in course: 1:27:11

Rank in category: 2(of 17)

Best time in the category: 1:38:56

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	13:17	4:05	3	0:43	13	1:35	3.25	13:17	4:05	3	0:43	13	1:35	
Lap 2	3.25	13:49	4:15	3	0:12	11	1:15	6.50	27:06	4:10	2	0:55	10	2:50	
Lap 3	3.25	14:28	4:27	4	0:33	14	2:05	9.75	41:34	4:15	3	1:01	11	4:55	
Lap 4	3.25	14:15	4:23	2	0:09	8	1:42	13.00	55:49	4:17	3	0:39	11	6:37	
Lap 5	3.25	14:23	4:25	1	-	8	1:41	16.25	1:10:12	4:19	2	0:28	9	8:18	
Lap 6	3.25	14:54	4:35	3	0:16	12	2:01	19.50	1:25:06	4:21	2	0:44	9	10:18	
Last lap Finish	3.25	14:40	4:30	3	0:08	13	2:17	22.75	1:39:46	4:23	2	0:50	9	12:35	