



11. Kristall-Marathon

Merkers / 12.02.2017

Detailed evaluation

PLEHN, Karsten

Club: LC BlueLiner

Number: 295

Course: 22.75 km

Halbmarathon

Category:

Senioren M50 (50-54 Jahre)

Total time: 1:39:46

Speed: 13.68 km/h

Running performance: 4:23 min/km

Rank in course/Total: 10 (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	13:13	4:03	2	0:39	12	1:31	3.25	13:13	4:03	2	0:39	12	1:31
Lap 2	3.25	14:03	4:19	4	0:26	13	1:29	6.50	27:16	4:11	4	1:05	12	3:00
Lap 3	3.25	14:20	4:24	2	0:25	12	1:57	9.75	41:36	4:15	4	1:03	12	4:57
Lap 4	3.25	14:27	4:26	3	0:21	11	1:54	13.00	56:03	4:18	4	0:53	12	6:51
Lap 5	3.25	14:30	4:27	2	0:07	9	1:48	16.25	1:10:33	4:20	3	0:49	11	8:39
Lap 6	3.25	14:41	4:31	2	0:03	9	1:48	19.50	1:25:14	4:22	3	0:52	11	10:26
Last lap Finish	3.25	14:32	4:28	1	-	11	2:09	22.75	1:39:46	4:23	2	0:50	9	12:35