



11. Kristall-Marathon

Merkers / 12.02.2017

Detailed evaluation

RÖSCHKE, Dirk

Club: Hörselberg Runners

Number: 301

Course: 22.75 km

Halbmarathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:43:17

Speed: 13.22 km/h

Running performance: 4:32 min/km

Rank in course/Total: 12 (of 149)

Rank in course/Men: 12 (of 114)

Best time in course: 1:27:11

Rank in category: 2(of 28)

Best time in the category: 1:29:24

Intermediate times

Stage score

Total ranking

Control	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	13:41	4:12	4	1:30	15	1:59	3.25	13:41	4:12	4	1:30	15	1:59
Lap 2	3.25	14:38	4:30	3	1:47	19	2:04	6.50	28:19	4:21	4	3:17	19	4:03
Lap 3	3.25	15:04	4:38	3	2:06	19	2:41	9.75	43:23	4:26	3	5:23	19	6:44
Lap 4	3.25	14:58	4:36	2	2:15	14	2:25	13.00	58:21	4:29	3	7:38	17	9:09
Lap 5	3.25	15:17	4:42	2	2:27	14	2:35	16.25	1:13:38	4:31	3	10:05	17	11:44
Lap 6	3.25	15:10	4:39	2	2:17	13	2:17	19.50	1:28:48	4:33	2	12:22	14	14:00
Last lap Finish	3.25	14:29	4:27	2	1:31	10	2:06	22.75	1:43:17	4:32	2	13:53	12	16:06