



11. Kristall-Marathon

Merkers / 12.02.2017

Detailed evaluation

ANDERS, Lars

Club: PSV Brühl Triathlon Team

Number: 202

Course: 22.75 km

Halbmarathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 1:44:19

Speed: 12.65 km/h

Running performance: 4:35 min/km

Rank in course/Total: 13 (of 149)

Rank in course/Men: 13 (of 114)

Best time in course: 1:27:11

Rank in category: 2(of 24)

Best time in the category: 1:34:42

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	13:01	4:00	2	0:19	10	1:19	3.25	13:01	4:00	2	0:19	10	1:19
Lap 2	3.25	14:18	4:24	3	0:52	16	1:44	6.50	27:19	4:12	2	1:11	13	3:03
Lap 3	3.25	14:29	4:27	2	1:03	15	2:06	9.75	41:48	4:17	2	2:14	13	5:09
Lap 4	3.25	15:26	4:44	5	1:40	22	2:53	13.00	57:14	4:24	2	3:54	15	8:02
Lap 5	3.25	15:41	4:49	6	1:47	24	2:59	16.25	1:12:55	4:29	2	5:41	15	11:01
Lap 6	3.25	15:55	4:53	5	1:47	20	3:02	19.50	1:28:50	4:33	2	7:28	15	14:02
Last lap Finish	3.25	15:29	4:45	4	2:09	17	3:06	22.75	1:44:19	4:35	2	9:37	13	17:08