



11. Kristall-Marathon

Merkers / 12.02.2017

Detailed evaluation

GRASS, Rene

Club: Rhein-Berg Runners

Number: 42

Course: 22.75 km

Halbmarathon

Category:

Senioren M50 (50-54 Jahre)

Total time: 1:45:24

Speed: 12.52 km/h

Running performance: 4:38 min/km

Rank in course/Total: 15 (of 149)

Rank in course/Men: 15 (of 114)

Best time in course: 1:27:11

Rank in category: 4(of 17)

Best time in the category: 1:38:56

Intermediate times

Stage score

Total ranking

Control	Split		Split min/km	Pos Cat.	Behind Cat.	Stage score		Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
	km	Time				Pos Men	Behind Men							
Lap 1	3.25	12:34	3:52	1	-	6	0:52	3.25	12:34	3:52	1	-	6	0:52
Lap 2	3.25	13:37	4:11	1	-	6	1:03	6.50	26:11	4:01	1	-	7	1:55
Lap 3	3.25	14:22	4:25	3	0:27	13	1:59	9.75	40:33	4:09	1	-	9	3:54
Lap 4	3.25	15:11	4:40	4	1:05	16	2:38	13.00	55:44	4:17	2	0:34	10	6:32
Lap 5	3.25	15:44	4:50	4	1:21	25	3:02	16.25	1:11:28	4:23	4	1:44	14	9:34
Lap 6	3.25	16:48	5:10	5	2:10	34	3:55	19.50	1:28:16	4:31	4	3:54	13	13:28
Last lap Finish	3.25	17:08	5:16	7	2:36	44	4:45	22.75	1:45:24	4:37	4	6:28	15	18:13