



11. Kristall-Marathon

Merkers / 12.02.2017

Detailed evaluation

MATALLA, Gerd

Club: SV 1916 Beuna

Number: 269

Course: 22.75 km

Halbmarathon

Category:

Senioren M55 (55-59 Jahre)

Total time: 1:45:40

Speed: 12.92 km/h

Running performance: 4:38 min/km

Rank in course/Total: 16 (of 149)

Rank in course/Men: 16 (of 114)

Best time in course: 1:27:11

Rank in category: 2(of 5)

Best time in the category: 1:37:07

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	14:04	4:19	2	1:12	22	2:22	3.25	14:04	4:19	2	1:12	22	2:22	
Lap 2	3.25	14:55	4:35	2	1:14	21	2:21	6.50	28:59	4:27	2	2:26	21	4:43	
Lap 3	3.25	14:59	4:36	2	1:05	18	2:36	9.75	43:58	4:30	2	3:31	21	7:19	
Lap 4	3.25	15:07	4:39	2	0:59	15	2:34	13.00	59:05	4:32	2	4:30	21	9:53	
Lap 5	3.25	15:17	4:42	3	1:09	14	2:35	16.25	1:14:22	4:34	2	5:39	19	12:28	
Lap 6	3.25	15:38	4:48	3	1:20	18	2:45	19.50	1:30:00	4:36	2	6:59	18	15:12	
Last lap Finish	3.25	15:40	4:49	3	1:34	19	3:17	22.75	1:45:40	4:38	2	8:33	16	18:29	