



11. Kristall-Marathon

Merkers / 12.02.2017

Detailed evaluation

KRÜGER, Thomas

Club: KS Sportworld

Number: 253

Course: 22.75 km

Halbmarathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 1:45:59

Speed: 12.45 km/h

Running performance: 4:40 min/km

Rank in course/Total: 17 (of 149)

Rank in course/Men: 17 (of 114)

Best time in course: 1:27:11

Rank in category: 4(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	13:52	4:15	3	1:10	18	2:10	3.25	13:52	4:15	3	1:10	18	2:10
Lap 2	3.25	14:05	4:20	2	0:39	15	1:31	6.50	27:57	4:17	3	1:49	15	3:41
Lap 3	3.25	14:39	4:30	3	1:13	16	2:16	9.75	42:36	4:22	3	3:02	16	5:57
Lap 4	3.25	15:12	4:40	3	1:26	17	2:39	13.00	57:48	4:26	3	4:28	16	8:36
Lap 5	3.25	15:36	4:47	3	1:42	19	2:54	16.25	1:13:24	4:31	3	6:10	16	11:30
Lap 6	3.25	15:45	4:50	4	1:37	19	2:52	19.50	1:29:09	4:34	3	7:47	16	14:21
Last lap Finish	3.25	16:50	5:10	7	3:30	39	4:27	22.75	1:45:59	4:39	4	11:17	17	18:48