



11. Kristall-Marathon

Merkers / 12.02.2017

Detailed evaluation

SIEGEL, Alexander

Club: MSV Meusegast

Number: 326

Course: 22.75 km

Halbmarathon

Category:

Senioren M55 (55-59 Jahre)

Total time: 1:46:20

Speed: 12.41 km/h

Running performance: 4:40 min/km

Rank in course/Total: 19 (of 149)

Rank in course/Men: 19 (of 114)

Best time in course: 1:27:11

Rank in category: 3(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	14:48	4:33	3	1:56	26	3:06	3.25	14:48	4:33	3	1:56	26	3:06
Lap 2	3.25	15:09	4:39	3	1:28	25	2:35	6.50	29:57	4:36	3	3:24	26	5:41
Lap 3	3.25	15:15	4:41	3	1:21	22	2:52	9.75	45:12	4:38	3	4:45	24	8:33
Lap 4	3.25	15:20	4:43	3	1:12	21	2:47	13.00	1:00:32	4:39	3	5:57	23	11:20
Lap 5	3.25	15:16	4:41	2	1:08	13	2:34	16.25	1:15:48	4:39	3	7:05	23	13:54
Lap 6	3.25	15:22	4:43	2	1:04	15	2:29	19.50	1:31:10	4:40	3	8:09	19	16:22
Last lap Finish	3.25	15:10	4:39	2	1:04	15	2:47	22.75	1:46:20	4:40	3	9:13	19	19:09