



11. Kristall-Marathon

Merkers / 12.02.2017

Detailed evaluation

RÖDEL, Sascha

Club: Bike Wuiderer Landshut

Number: 299

Course: 22.75 km

Halbmarathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:46:41

Speed: 12.37 km/h

Running performance: 4:41 min/km

Rank in course/Total: 20 (of 149)

Rank in course/Men: 20 (of 114)

Best time in course: 1:27:11

Rank in category: 3(of 28)

Best time in the category: 1:29:24

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	13:03	4:00	3	0:52	11	1:21	3.25	13:03	4:00	3	0:52	11	1:21
Lap 2	3.25	15:00	4:36	5	2:09	22	2:26	6.50	28:03	4:18	3	3:01	18	3:47
Lap 3	3.25	15:23	4:44	4	2:25	25	3:00	9.75	43:26	4:27	4	5:26	20	6:47
Lap 4	3.25	15:36	4:47	4	2:53	25	3:03	13.00	59:02	4:32	4	8:19	20	9:50
Lap 5	3.25	16:21	5:01	7	3:31	34	3:39	16.25	1:15:23	4:38	4	11:50	20	13:29
Lap 6	3.25	16:10	4:58	4	3:17	23	3:17	19.50	1:31:33	4:41	3	15:07	21	16:45
Last lap Finish	3.25	15:08	4:39	3	2:10	14	2:45	22.75	1:46:41	4:41	3	17:17	20	19:30