



11. Kristall-Marathon

Merkers / 12.02.2017

Detailed evaluation

KUCKELT, Jens

Club: 1.ESC Leinefelde

Number: 255

Course: 22.75 km

Halbmarathon

Category:

Senioren M30 (30-34 Jahre)

Total time: 1:48:48

Speed: 12.13 km/h

Running performance: 4:47 min/km

Rank in course/Total: 23 (of 149)

Rank in course/Men: 23 (of 114)

Best time in course: 1:27:11

Rank in category: 3(of 8)

Best time in the category: 1:33:17

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	13:44	4:13	2	1:13	16	2:02	3.25	13:44	4:13	2	1:13	16	2:02
Lap 2	3.25	14:18	4:24	3	1:24	16	1:44	6.50	28:02	4:18	2	2:37	16	3:46
Lap 3	3.25	15:08	4:39	3	1:57	21	2:45	9.75	43:10	4:25	3	4:34	17	6:31
Lap 4	3.25	15:49	4:51	4	2:26	29	3:16	13.00	58:59	4:32	3	7:00	19	9:47
Lap 5	3.25	16:29	5:04	4	3:02	35	3:47	16.25	1:15:28	4:38	3	10:02	22	13:34
Lap 6	3.25	16:47	5:09	3	2:59	33	3:54	19.50	1:32:15	4:43	3	13:01	23	17:27
Last lap Finish	3.25	16:33	5:05	4	2:30	27	4:10	22.75	1:48:48	4:46	3	15:31	23	21:37