



11. Kristall-Marathon

Merkers / 12.02.2017

Detailed evaluation

GRÜN, Sascha

Club: Team Erdinger alkoholfrei

Number: 228

Course: 22.75 km

Halbmarathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:50:57

Speed: 11.90 km/h

Running performance: 4:53 min/km

Rank in course/Total: 29 (of 149)

Rank in course/Men: 27 (of 114)

Best time in course: 1:27:11

Rank in category: 5(of 28)

Best time in the category: 1:29:24

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	3.25	15:01	4:37	6	2:50	29	3:19	3.25	15:01	4:37	6	2:50	29	3:19
Lap 2	3.25	15:17	4:42	6	2:26	27	2:43	6.50	30:18	4:39	6	5:16	29	6:02
Lap 3	3.25	15:31	4:46	6	2:33	29	3:08	9.75	45:49	4:41	6	7:49	28	9:10
Lap 4	3.25	15:54	4:53	7	3:11	31	3:21	13.00	1:01:43	4:44	5	11:00	26	12:31
Lap 5	3.25	15:58	4:54	5	3:08	28	3:16	16.25	1:17:41	4:46	6	14:08	28	15:47
Lap 6	3.25	16:37	5:06	6	3:44	30	3:44	19.50	1:34:18	4:50	5	17:52	27	19:30
Last lap Finish	3.25	16:39	5:07	7	3:41	31	4:16	22.75	1:50:57	4:52	5	21:33	27	23:46