



11. Kristall-Marathon

Merkers / 12.02.2017

Detailed evaluation

DOFFEK, Alexander

Club: Athletik Waldniel

Number: 215

Course: 22.75 km

Halbmarathon

Category:

Senioren M35 (35-39 Jahre)

Total time: 1:52:13

Speed: 11.76 km/h

Running performance: 4:56 min/km

Rank in course/Total: 33 (of 149)

Rank in course/Men: 30 (of 114)

Best time in course: 1:27:11

Rank in category: 4(of 20)

Best time in the category: 1:38:31

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Lap 1	3.25	16:30	5:04	8	4:16	53	4:48	3.25	16:30	5:04	8	4:16	53	4:48
Lap 2	3.25	15:34	4:47	5	1:50	33	3:00	6.50	32:04	4:56	7	6:06	45	7:48
Lap 3	3.25	15:59	4:55	5	1:56	33	3:36	9.75	48:03	4:55	7	7:53	41	11:24
Lap 4	3.25	15:33	4:47	4	1:16	24	3:00	13.00	1:03:36	4:53	5	8:57	34	14:24
Lap 5	3.25	15:52	4:52	4	1:31	27	3:10	16.25	1:19:28	4:53	5	9:49	34	17:34
Lap 6	3.25	16:01	4:55	4	1:21	22	3:08	19.50	1:35:29	4:53	4	11:08	30	20:41
Last lap Finish	3.25	16:44	5:08	8	2:34	38	4:21	22.75	1:52:13	4:55	4	13:42	30	25:02