



11. Kristall-Marathon

Merkers / 12.02.2017

Detailed evaluation

LANGE, Thomas

Club: LT Freigericht

Number: 259

Course: 22.75 km

Halbmarathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 1:53:06

Speed: 11.67 km/h

Running performance: 4:58 min/km

Rank in course/Total: 35 (of 149)

Rank in course/Men: 32 (of 114)

Best time in course: 1:27:11

Rank in category: 7(of 24)

Best time in the category: 1:34:42

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	15:44	4:50	7	3:02	39	4:02	3.25	15:44	4:50	7	3:02	39	4:02
Lap 2	3.25	15:58	4:54	8	2:32	40	3:24	6.50	31:42	4:52	6	5:34	37	7:26
Lap 3	3.25	16:03	4:56	7	2:37	36	3:40	9.75	47:45	4:53	7	8:11	37	11:06
Lap 4	3.25	15:56	4:54	7	2:10	32	3:23	13.00	1:03:41	4:53	7	10:21	35	14:29
Lap 5	3.25	16:15	5:00	7	2:21	30	3:33	16.25	1:19:56	4:55	7	12:42	35	18:02
Lap 6	3.25	16:31	5:04	7	2:23	27	3:38	19.50	1:36:27	4:56	7	15:05	34	21:39
Last lap Finish	3.25	16:39	5:07	6	3:19	31	4:16	22.75	1:53:06	4:58	7	18:24	32	25:55