



11. Kristall-Marathon

Merkers / 12.02.2017

Detailed evaluation

MARZIAN, Holger

Club: Aachener TG

Number: 267

Course: 22.75 km

Halbmarathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:52:44

Speed: 11.71 km/h

Running performance: 4:58 min/km

Rank in course/Total: 34 (of 149)

Rank in course/Men: 31 (of 114)

Best time in course: 1:27:11

Rank in category: 7(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	14:48	4:33	5	2:37	26	3:06	3.25	14:48	4:33	5	2:37	26	3:06
Lap 2	3.25	14:42	4:31	4	1:51	20	2:08	6.50	29:30	4:32	5	4:28	23	5:14
Lap 3	3.25	15:44	4:50	8	2:46	31	3:21	9.75	45:14	4:38	5	7:14	25	8:35
Lap 4	3.25	16:30	5:04	8	3:47	39	3:57	13.00	1:01:44	4:44	7	11:01	28	12:32
Lap 5	3.25	17:25	5:21	11	4:35	48	4:43	16.25	1:19:09	4:52	8	15:36	33	17:15
Lap 6	3.25	16:44	5:08	8	3:51	32	3:51	19.50	1:35:53	4:55	7	19:27	33	21:05
Last lap Finish	3.25	16:51	5:11	8	3:53	41	4:28	22.75	1:52:44	4:57	7	23:20	31	25:33