



11. Kristall-Marathon

Merkers / 12.02.2017

Detailed evaluation

WELNITZ, Oliver

Club: LC BlueLiner

Number: 347

Course: 22.75 km

Halbmarathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:54:00

Speed: 11.58 km/h

Running performance: 5:01 min/km

Rank in course/Total: 40 (of 149)

Rank in course/Men: 37 (of 114)

Best time in course: 1:27:11

Rank in category: 8(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	16:04	4:56	11	3:53	47	4:22	3.25	16:04	4:56	11	3:53	47	4:22
Lap 2	3.25	16:03	4:56	9	3:12	45	3:29	6.50	32:07	4:56	11	7:05	49	7:51
Lap 3	3.25	16:08	4:57	9	3:10	39	3:45	9.75	48:15	4:56	9	10:15	44	11:36
Lap 4	3.25	16:31	5:04	9	3:48	40	3:58	13.00	1:04:46	4:58	9	14:03	41	15:34
Lap 5	3.25	16:47	5:09	8	3:57	38	4:05	16.25	1:21:33	5:01	9	18:00	41	19:39
Lap 6	3.25	16:32	5:05	5	3:39	29	3:39	19.50	1:38:05	5:01	8	21:39	39	23:17
Last lap Finish	3.25	15:55	4:53	5	2:57	22	3:32	22.75	1:54:00	5:00	8	24:36	37	26:49