



11. Kristall-Marathon

Merkers / 12.02.2017

Detailed evaluation

MILZ, Xaver

Club: SC Rosalöwen Leipzig

Number: 277

Course: 22.75 km

Halbmarathon

Category:

Senioren M50 (50-54 Jahre)

Total time: 1:54:37

Speed: 11.52 km/h

Running performance: 5:02 min/km

Rank in course/Total: 41 (of 149)

Rank in course/Men: 38 (of 114)

Best time in course: 1:27:11

Rank in category: 7(of 17)

Best time in the category: 1:38:56

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	15:06	4:38	6	2:32	32	3:24	3.25	15:06	4:38	6	2:32	32	3:24	
Lap 2	3.25	15:53	4:53	8	2:16	39	3:19	6.50	30:59	4:46	7	4:48	34	6:43	
Lap 3	3.25	16:42	5:08	7	2:47	45	4:19	9.75	47:41	4:53	7	7:08	36	11:02	
Lap 4	3.25	16:01	4:55	6	1:55	35	3:28	13.00	1:03:42	4:54	7	8:32	38	14:30	
Lap 5	3.25	16:33	5:05	7	2:10	36	3:51	16.25	1:20:15	4:56	7	10:31	38	18:21	
Lap 6	3.25	17:12	5:17	7	2:34	40	4:19	19.50	1:37:27	4:59	7	13:05	37	22:39	
Last lap Finish	3.25	17:10	5:16	8	2:38	45	4:47	22.75	1:54:37	5:02	7	15:41	38	27:26	