



11. Kristall-Marathon

Merkers / 12.02.2017

Detailed evaluation

DUKECK, Ralf

Club: SV Birkenhard

Number: 217

Course: 22.75 km

Halbmarathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 1:57:07

Speed: 11.27 km/h

Running performance: 5:09 min/km

Rank in course/Total: 45 (of 149)

Rank in course/Men: 41 (of 114)

Best time in course: 1:27:11

Rank in category: 8(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	15:33	4:47	6	2:51	36	3:51	3.25	15:33	4:47	6	2:51	36	3:51
Lap 2	3.25	16:12	4:59	9	2:46	48	3:38	6.50	31:45	4:53	8	5:37	41	7:29
Lap 3	3.25	16:45	5:09	9	3:19	46	4:22	9.75	48:30	4:58	9	8:56	45	11:51
Lap 4	3.25	16:58	5:13	10	3:12	45	4:25	13.00	1:05:28	5:02	9	12:08	44	16:16
Lap 5	3.25	17:02	5:14	9	3:08	41	4:20	16.25	1:22:30	5:04	8	15:16	42	20:36
Lap 6	3.25	17:47	5:28	10	3:39	51	4:54	19.50	1:40:17	5:08	8	18:55	41	25:29
Last lap Finish	3.25	16:50	5:10	7	3:30	39	4:27	22.75	1:57:07	5:08	8	22:25	41	29:56