



11. Kristall-Marathon

Merkers / 12.02.2017

Detailed evaluation

SCHEIBENBOGEN, Markus

Club: Köln

Number: 307

Course: 22.75 km

Halbmarathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:58:11

Speed: 11.17 km/h

Running performance: 5:11 min/km

Rank in course/Total: 47 (of 149)

Rank in course/Men: 42 (of 114)

Best time in course: 1:27:11

Rank in category: 9(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	15:53	4:53	10	3:42	42	4:11	3.25	15:53	4:53	10	3:42	42	4:11
Lap 2	3.25	16:13	4:59	10	3:22	49	3:39	6.50	32:06	4:56	10	7:04	48	7:50
Lap 3	3.25	16:55	5:12	11	3:57	51	4:32	9.75	49:01	5:01	10	11:01	48	12:22
Lap 4	3.25	17:02	5:14	11	4:19	48	4:29	13.00	1:06:03	5:04	10	15:20	45	16:51
Lap 5	3.25	17:03	5:14	9	4:13	42	4:21	16.25	1:23:06	5:06	10	19:33	43	21:12
Lap 6	3.25	17:38	5:25	9	4:45	49	4:45	19.50	1:40:44	5:09	9	24:18	42	25:56
Last lap Finish	3.25	17:27	5:22	9	4:29	47	5:04	22.75	1:58:11	5:11	9	28:47	42	31:00