



11. Kristall-Marathon

Merkers / 12.02.2017

Detailed evaluation

LÖWE, Sten

Club: Runtastic Laufgruppe / Team Eichsfeld
Number: 262

Course: 22.75 km
Halbmarathon

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:08:55

Speed: 10.24 km/h
Running performance: 5:40 min/km

Rank in course/Total: 71 (of 149)

Rank in course/Men: 62 (of 114)

Best time in course: 1:27:11

Rank in category: 12(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	17:00	5:13	12	4:18	61	5:18	3.25	17:00	5:13	12	4:18	61	5:18
Lap 2	3.25	17:19	5:19	12	3:53	64	4:45	6.50	34:19	5:16	13	8:11	63	10:03
Lap 3	3.25	18:02	5:32	13	4:36	67	5:39	9.75	52:21	5:22	12	12:47	63	15:42
Lap 4	3.25	19:12	5:54	16	5:26	75	6:39	13.00	1:11:33	5:30	12	18:13	65	22:21
Lap 5	3.25	19:34	6:01	18	5:40	74	6:52	16.25	1:31:07	5:36	14	23:53	67	29:13
Lap 6	3.25	18:29	5:41	11	4:21	56	5:36	19.50	1:49:36	5:37	14	28:14	65	34:48
Last lap Finish	3.25	19:19	5:56	11	5:59	59	6:56	22.75	2:08:55	5:39	12	34:13	62	41:44