



# 11. Kristall-Marathon

Merkers / 12.02.2017

## Detailed evaluation

**MONO, Sebastian**

Club: TV1860Nassau e.V.

Number: 278

Course: 22.75 km

Halbmarathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 2:09:33

Speed: 10.19 km/h

Running performance: 5:41 min/km

Rank in course/Total: 73 (of 149)

Rank in course/Men: 63 (of 114)

Best time in course: 1:27:11

Rank in category: 13(of 24)

Best time in the category: 1:34:42

### Intermediate times

### Stage score

### Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking							
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Lap 1	3.25	18:24	5:39	15	5:42	82	6:42	3.25	18:24	5:39	15	5:42	82	6:42	
Lap 2	3.25	17:35	5:24	13	4:09	68	5:01	6.50	35:59	5:32	14	9:51	76	11:43	
Lap 3	3.25	17:41	5:26	12	4:15	64	5:18	9.75	53:40	5:30	14	14:06	71	17:01	
Lap 4	3.25	18:17	5:37	13	4:31	62	5:44	13.00	1:11:57	5:32	13	18:37	67	22:45	
Lap 5	3.25	18:23	5:39	11	4:29	60	5:41	16.25	1:30:20	5:33	12	23:06	63	28:26	
Lap 6	3.25	19:04	5:51	12	4:56	59	6:11	19.50	1:49:24	5:36	13	28:02	63	34:36	
Last lap Finish	3.25	20:09	6:11	13	6:49	66	7:46	22.75	2:09:33	5:41	13	34:51	63	42:22	