



11. Kristall-Marathon

Merkers / 12.02.2017

Detailed evaluation

MÜHLBERG, Kai

Club: meat again

Number: 280

Course: 22.75 km

Halbmarathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 2:13:12

Speed: 9.91 km/h

Running performance: 5:51 min/km

Rank in course/Total: 80 (of 149)

Rank in course/Men: 69 (of 114)

Best time in course: 1:27:11

Rank in category: 16(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	19:02	5:51	19	6:20	92	7:20	3.25	19:02	5:51	19	6:20	92	7:20
Lap 2	3.25	18:30	5:41	16	5:04	80	5:56	6.50	37:32	5:46	18	11:24	86	13:16
Lap 3	3.25	18:03	5:33	14	4:37	68	5:40	9.75	55:35	5:42	16	16:01	81	18:56
Lap 4	3.25	18:57	5:49	15	5:11	70	6:24	13.00	1:14:32	5:44	17	21:12	78	25:20
Lap 5	3.25	19:02	5:51	15	5:08	67	6:20	16.25	1:33:34	5:45	17	26:20	74	31:40
Lap 6	3.25	19:31	6:00	13	5:23	62	6:38	19.50	1:53:05	5:47	17	31:43	71	38:17
Last lap Finish	3.25	20:07	6:11	12	6:47	65	7:44	22.75	2:13:12	5:51	16	38:30	69	46:01