



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 | |