



# 11. Kristall-Marathon

Merkers / 12.02.2017

## Detailed evaluation

**HOWEN, Sebastian**

Club: meat again

Number: 241

Course: 22.75 km

Halbmarathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 2:13:16

Speed: 9.90 km/h

Running performance: 5:52 min/km

Rank in course/Total: 82 (of 149)

Rank in course/Men: 71 (of 114)

Best time in course: 1:27:11

Rank in category: 17(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	18:21	5:38	14	5:39	80	6:39	3.25	18:21	5:38	14	5:39	80	6:39
Lap 2	3.25	18:22	5:39	15	4:56	78	5:48	6.50	36:43	5:38	15	10:35	81	12:27
Lap 3	3.25	18:49	5:47	17	5:23	78	6:26	9.75	55:32	5:41	15	15:58	80	18:53
Lap 4	3.25	18:02	5:32	12	4:16	61	5:29	13.00	1:13:34	5:39	15	20:14	72	24:22
Lap 5	3.25	18:32	5:42	12	4:38	62	5:50	16.25	1:32:06	5:40	16	24:52	72	30:12
Lap 6	3.25	20:17	6:14	16	6:09	74	7:24	19.50	1:52:23	5:45	16	31:01	69	37:35
Last lap Finish	3.25	20:53	6:25	16	7:33	76	8:30	22.75	2:13:16	5:51	17	38:34	71	46:05