



11. Kristall-Marathon

Merkers / 12.02.2017

Detailed evaluation

TIRSCHMANN, Jan

Club: Meininger Drachen

Number: 337

Course: 22.75 km

Halbmarathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 2:15:16

Speed: 9.76 km/h

Running performance: 5:57 min/km

Rank in course/Total: 87 (of 149)

Rank in course/Men: 75 (of 114)

Best time in course: 1:27:11

Rank in category: 16(of 28)

Best time in the category: 1:29:24

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	18:04	5:33	20	5:53	77	6:22	3.25	18:04	5:33	20	5:53	77	6:22	
Lap 2	3.25	18:31	5:41	20	5:40	81	5:57	6.50	36:35	5:37	20	11:33	79	12:19	
Lap 3	3.25	18:37	5:43	18	5:39	75	6:14	9.75	55:12	5:39	20	17:12	78	18:33	
Lap 4	3.25	18:54	5:48	15	6:11	69	6:21	13.00	1:14:06	5:41	18	23:23	75	24:54	
Lap 5	3.25	19:40	6:03	16	6:50	77	6:58	16.25	1:33:46	5:46	17	30:13	75	31:52	
Lap 6	3.25	19:57	6:08	13	7:04	70	7:04	19.50	1:53:43	5:49	16	37:17	74	38:55	
Last lap Finish	3.25	21:33	6:37	21	8:35	87	9:10	22.75	2:15:16	5:56	16	45:52	75	48:05	