



11. Kristall-Marathon

Merkers / 12.02.2017

Detailed evaluation

SAUER, Martin

Club: runomatic.de

Number: 306

Course: 22.75 km

Halbmarathon

Category:

Senioren M50 (50-54 Jahre)

Total time: 2:15:30

Speed: 9.74 km/h

Running performance: 5:58 min/km

Rank in course/Total: 88 (of 149)

Rank in course/Men: 76 (of 114)

Best time in course: 1:27:11

Rank in category: 13(of 17)

Best time in the category: 1:38:56

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	15:07	4:39	7	2:33	33	3:25	3.25	15:07	4:39	7	2:33	33	3:25
Lap 2	3.25	15:51	4:52	7	2:14	38	3:17	6.50	30:58	4:45	6	4:47	33	6:42
Lap 3	3.25	17:11	5:17	13	3:16	58	4:48	9.75	48:09	4:56	9	7:36	43	11:30
Lap 4	3.25	20:58	6:27	14	6:52	96	8:25	13.00	1:09:07	5:18	12	13:57	58	19:55
Lap 5	3.25	22:13	6:50	16	7:50	100	9:31	16.25	1:31:20	5:37	13	21:36	68	29:26
Lap 6	3.25	22:01	6:46	14	7:23	92	9:08	19.50	1:53:21	5:48	13	28:59	72	38:33
Last lap Finish	3.25	22:09	6:48	14	7:37	92	9:46	22.75	2:15:30	5:57	13	36:34	76	48:19