



11. Kristall-Marathon

Merkers / 12.02.2017

Detailed evaluation

BENECKE, Ralf

Club: cityrunner Berlin

Number: 206

Course: 22.75 km

Halbmarathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 2:16:52

Speed: 9.64 km/h

Running performance: 6:01 min/km

Rank in course/Total: 95 (of 149)

Rank in course/Men: 83 (of 114)

Best time in course: 1:27:11

Rank in category: 19(of 28)

Best time in the category: 1:29:24

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	3.25	17:32	5:23	16	5:21	71	5:50	3.25	17:32	5:23	16	5:21	71	5:50
Lap 2	3.25	17:58	5:31	18	5:07	73	5:24	6.50	35:30	5:27	19	10:28	75	11:14
Lap 3	3.25	19:01	5:51	20	6:03	82	6:38	9.75	54:31	5:35	18	16:31	74	17:52
Lap 4	3.25	20:15	6:13	22	7:32	86	7:42	13.00	1:14:46	5:45	20	24:03	79	25:34
Lap 5	3.25	20:48	6:24	21	7:58	88	8:06	16.25	1:35:34	5:52	21	32:01	81	33:40
Lap 6	3.25	21:02	6:28	20	8:09	85	8:09	19.50	1:56:36	5:58	21	40:10	86	41:48
Last lap Finish	3.25	20:16	6:14	12	7:18	70	7:53	22.75	2:16:52	6:00	19	47:28	83	49:41