



# 11. Kristall-Marathon

Merkers / 12.02.2017

## Detailed evaluation

**FRICKE, Christian**

Club: meat again

Number: 221

Course: 22.75 km

Halbmarathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 2:17:22

Speed: 9.61 km/h

Running performance: 6:02 min/km

Rank in course/Total: 96 (of 149)

Rank in course/Men: 84 (of 114)

Best time in course: 1:27:11

Rank in category: 20(of 28)

Best time in the category: 1:29:24

### Intermediate times

### Stage score

### Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
Lap 1	3.25	19:03	5:51	23	6:52	96	7:21	3.25	19:03	5:51	23	6:52	96	7:21
Lap 2	3.25	18:41	5:44	21	5:50	86	6:07	6.50	37:44	5:48	22	12:42	89	13:28
Lap 3	3.25	18:29	5:41	17	5:31	73	6:06	9.75	56:13	5:45	21	18:13	83	19:34
Lap 4	3.25	19:12	5:54	18	6:29	75	6:39	13.00	1:15:25	5:48	21	24:42	81	26:13
Lap 5	3.25	19:14	5:55	13	6:24	68	6:32	16.25	1:34:39	5:49	19	31:06	77	32:45
Lap 6	3.25	20:52	6:25	17	7:59	81	7:59	19.50	1:55:31	5:55	18	39:05	78	40:43
Last lap Finish	3.25	21:51	6:43	22	8:53	90	9:28	22.75	2:17:22	6:02	20	47:58	84	50:11