



11. Kristall-Marathon

Merkers / 12.02.2017

Detailed evaluation

MÜLLER, Rajko

Club: SGRM

Number: 283

Course: 22.75 km

Halbmarathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 2:24:53

Speed: 9.11 km/h

Running performance: 6:22 min/km

Rank in course/Total: 109 (of 149)

Rank in course/Men: 92 (of 114)

Best time in course: 1:27:11

Rank in category: 23(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	19:14	5:55	25	7:03	101	7:32	3.25	19:14	5:55	25	7:03	101	7:32
Lap 2	3.25	20:33	6:19	27	7:42	102	7:59	6.50	39:47	6:07	24	14:45	100	15:31
Lap 3	3.25	21:23	6:34	27	8:25	102	9:00	9.75	1:01:10	6:16	27	23:10	102	24:31
Lap 4	3.25	20:40	6:21	24	7:57	92	8:07	13.00	1:21:50	6:17	26	31:07	100	32:38
Lap 5	3.25	21:02	6:28	22	8:12	90	8:20	16.25	1:42:52	6:19	25	39:19	99	40:58
Lap 6	3.25	21:59	6:45	23	9:06	91	9:06	19.50	2:04:51	6:24	23	48:25	95	50:03
Last lap Finish	3.25	20:02	6:09	11	7:04	64	7:39	22.75	2:24:53	6:22	23	55:29	92	57:42