



# 11. Kristall-Marathon

Merkers / 12.02.2017

## Detailed evaluation

**ROUSSAT, Rene**

Club: LT Bittermark Dortmund

Number: 303

Course: 22.75 km

Halbmarathon

Category:

Senioren M35 (35-39 Jahre)

Total time: 2:30:55

Speed: 8.75 km/h

Running performance: 6:38 min/km

Rank in course/Total: 119 (of 149)

Rank in course/Men: 96 (of 114)

Best time in course: 1:27:11

Rank in category: 19(of 20)

Best time in the category: 1:38:31

### Intermediate times

### Stage score

### Total ranking

| Control         | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |
|-----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
|                 |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |
| Lap 1           | 3.25        | 20:02         | 6:09            | 19          | 7:48           | 107         | 8:20          | 3.25          | 20:02         | 6:09            | 19          | 7:48           | 107        | 8:20          |
| Lap 2           | 3.25        | 20:20         | 6:15            | 19          | 6:36           | 99          | 7:46          | 6.50          | 40:22         | 6:12            | 19          | 14:24          | 104        | 16:06         |
| Lap 3           | 3.25        | 21:09         | 6:30            | 19          | 7:06           | 100         | 8:46          | 9.75          | 1:01:31       | 6:18            | 19          | 21:21          | 103        | 24:52         |
| Lap 4           | 3.25        | 21:18         | 6:33            | 19          | 7:01           | 100         | 8:45          | 13.00         | 1:22:49       | 6:22            | 19          | 28:10          | 101        | 33:37         |
| Lap 5           | 3.25        | 22:03         | 6:47            | 18          | 7:42           | 98          | 9:21          | 16.25         | 1:44:52       | 6:27            | 19          | 35:13          | 102        | 42:58         |
| Lap 6           | 3.25        | 22:27         | 6:54            | 18          | 7:47           | 93          | 9:34          | 19.50         | 2:07:19       | 6:31            | 19          | 42:58          | 100        | 52:31         |
| Last lap Finish | 3.25        | 23:36         | 7:15            | 17          | 9:26           | 96          | 11:13         | 22.75         | 2:30:55       | 6:38            | 19          | 52:24          | 96         | 1:03:44       |