



11. Kristall-Marathon

Merkers / 12.02.2017

Detailed evaluation

JOCHUM, Ralph

Club: Laufschnle Saarpfalz

Number: 61

Course: 22.75 km

Halbmarathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 2:36:52

Speed: 8.41 km/h

Running performance: 6:54 min/km

Rank in course/Total: 127 (of 149)

Rank in course/Men: 102 (of 114)

Best time in course: 1:27:11

Rank in category: 22(of 24)

Best time in the category: 1:34:42

Intermediate times

Stage score

Total ranking

Control	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	19:02	5:51	19	6:20	92	7:20	3.25	19:02	5:51	19	6:20	92	7:20
Lap 2	3.25	21:55	6:44	23	8:29	108	9:21	6.50	40:57	6:18	23	14:49	107	16:41
Lap 3	3.25	21:46	6:41	22	8:20	106	9:23	9.75	1:02:43	6:25	23	23:09	106	26:04
Lap 4	3.25	20:48	6:24	19	7:02	95	8:15	13.00	1:23:31	6:25	20	30:11	102	34:19
Lap 5	3.25	18:52	5:48	14	4:58	65	6:10	16.25	1:42:23	6:18	20	35:09	97	40:29
Lap 6	3.25	23:16	7:09	22	9:08	101	10:23	19.50	2:05:39	6:26	20	44:17	97	50:51
Last lap Finish	3.25	31:13	9:36	23	17:53	109	18:50	22.75	2:36:52	6:53	22	1:02:10	102	1:09:41