



11. Kristall-Marathon

Merkers / 12.02.2017

Detailed evaluation

PFEIFER, Bernhard

Club: mach3 Köln e.V.

Number: 103

Course: 42.25 km

Marathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 3:07:53

Speed: 13.41 km/h

Running performance: 4:27 min/km

Rank in course/Total: 6 (of 110)

Rank in course/Men: 6 (of 100)

Best time in course: 2:42:44

Rank in category: 1(of 26)

Best time in the category: 3:07:53

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	13:04	4:01	1	-	6	1:51	3.25	13:04	4:01	1	-	6	1:51
Lap 2	3.25	13:34	4:10	1	-	6	1:51	6.50	26:38	4:05	1	-	6	3:42
Lap 3	3.25	13:50	4:15	1	-	6	1:38	9.75	40:28	4:09	1	-	6	5:20
Lap 4	3.25	14:07	4:20	1	-	6	1:35	13.00	54:35	4:11	1	-	6	6:55
Lap 5	3.25	14:02	4:19	1	-	6	1:18	16.25	1:08:37	4:13	1	-	6	8:13
Lap 6	3.25	14:06	4:20	1	-	5	1:20	19.50	1:22:43	4:14	1	-	6	9:23
Lap 7	3.25	14:14	4:22	1	-	6	1:41	22.75	1:36:57	4:15	1	-	6	11:04
Lap 8	3.25	14:27	4:26	1	-	6	1:43	26.00	1:51:24	4:17	1	-	6	12:47
Lap 9	3.25	14:28	4:27	1	-	5	1:40	29.25	2:05:52	4:18	1	-	5	14:27
Lap 10	3.25	14:59	4:36	1	-	5	2:04	32.50	2:20:51	4:20	1	-	5	16:31
Lap 11	3.25	15:01	4:37	1	-	5	2:01	35.75	2:35:52	4:21	1	-	5	18:32
Lap 12	3.25	15:52	4:52	1	-	10	3:07	39.00	2:51:44	4:24	1	-	5	21:39
Last lap Finish	3.25	16:09	4:58	1	-	14	3:30	42.25	3:07:53	4:26	1	-	6	25:09