



11. Kristall-Marathon

Merkers / 12.02.2017

Detailed evaluation

GREENAWAY, Christopher

Club: SANWALD LAUFTEAM

Number: 44

Course: 42.25 km

Marathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 3:09:18

Speed: 13.31 km/h

Running performance: 4:29 min/km

Rank in course/Total: 7 (of 110)

Rank in course/Men: 7 (of 100)

Best time in course: 2:42:44

Rank in category: 1(of 19)

Best time in the category: 3:09:18

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	12:38	3:53	1	-	4	1:25	3.25	12:38	3:53	1	-	4	1:25
Lap 2	3.25	13:30	4:09	1	-	5	1:47	6.50	26:08	4:01	1	-	5	3:12
Lap 3	3.25	13:28	4:08	1	-	4	1:16	9.75	39:36	4:03	1	-	5	4:28
Lap 4	3.25	13:34	4:10	1	-	4	1:02	13.00	53:10	4:05	1	-	5	5:30
Lap 5	3.25	14:00	4:18	1	-	5	1:16	16.25	1:07:10	4:08	1	-	5	6:46
Lap 6	3.25	14:58	4:36	3	0:29	11	2:12	19.50	1:22:08	4:12	1	-	5	8:48
Lap 7	3.25	14:17	4:23	1	-	7	1:44	22.75	1:36:25	4:14	1	-	5	10:32
Lap 8	3.25	14:55	4:35	2	0:10	8	2:11	26.00	1:51:20	4:16	1	-	5	12:43
Lap 9	3.25	16:13	4:59	4	1:24	15	3:25	29.25	2:07:33	4:21	1	-	6	16:08
Lap 10	3.25	16:01	4:55	3	0:56	11	3:06	32.50	2:23:34	4:25	1	-	6	19:14
Lap 11	3.25	15:51	4:52	3	0:45	10	2:51	35.75	2:39:25	4:27	2	0:28	8	22:05
Lap 12	3.25	15:44	4:50	4	0:27	9	2:59	39.00	2:55:09	4:29	2	0:44	8	25:04
Last lap Finish	3.25	14:09	4:21	1	-	3	1:30	42.25	3:09:18	4:28	1	-	7	26:34