



# 11. Kristall-Marathon

Merkers / 12.02.2017

## Detailed evaluation

**NÄHLER, Jens**

Club: PSV Grün-Weiß Kassel

Number: 98

Course: 42.25 km

Marathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 3:18:28

Speed: 12.70 km/h

Running performance: 4:42 min/km

Rank in course/Total: 10 (of 110)

Rank in course/Men: 10 (of 100)

Best time in course: 2:42:44

Rank in category: 3(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.	Stage score		Total		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Lap 1	3.25	13:46	4:14	3	1:08	9	2:33	3.25	13:46	4:14	3	1:08	9	2:33
Lap 2	3.25	14:10	4:21	3	0:40	10	2:27	6.50	27:56	4:17	3	1:48	10	5:00
Lap 3	3.25	14:05	4:20	2	0:37	8	1:53	9.75	42:01	4:18	3	2:25	9	6:53
Lap 4	3.25	14:22	4:25	3	0:48	10	1:50	13.00	56:23	4:20	3	3:13	9	8:43
Lap 5	3.25	14:36	4:29	3	0:36	10	1:52	16.25	1:10:59	4:22	3	3:49	9	10:35
Lap 6	3.25	14:39	4:30	2	0:10	8	1:53	19.50	1:25:38	4:23	3	3:30	9	12:18
Lap 7	3.25	14:47	4:32	3	0:30	9	2:14	22.75	1:40:25	4:24	3	4:00	9	14:32
Lap 8	3.25	17:44	5:27	6	2:59	34	5:00	26.00	1:58:09	4:32	3	6:49	10	19:32
Lap 9	3.25	15:39	4:48	2	0:50	10	2:51	29.25	2:13:48	4:34	3	6:15	10	22:23
Lap 10	3.25	16:34	5:05	4	1:29	13	3:39	32.50	2:30:22	4:37	3	6:48	11	26:02
Lap 11	3.25	15:55	4:53	4	0:49	11	2:55	35.75	2:46:17	4:39	3	7:20	10	28:57
Lap 12	3.25	16:16	5:00	5	0:59	13	3:31	39.00	3:02:33	4:40	3	8:08	10	32:28
Last lap Finish	3.25	15:55	4:53	5	1:46	13	3:16	42.25	3:18:28	4:41	3	9:10	10	35:44