



# 11. Kristall-Marathon

Merkers / 12.02.2017

## Detailed evaluation

**RUMM, Harald**

Club: Ultra Team Hohenlohe

Number: 112

Course: 42.25 km

Marathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 3:28:33

Speed: 12.08 km/h

Running performance: 4:56 min/km

Rank in course/Total: 14 (of 110)

Rank in course/Men: 14 (of 100)

Best time in course: 2:42:44

Rank in category: 4(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	17:00	5:13	9	4:22	49	5:47	3.25	17:00	5:13	9	4:22	49	5:47
Lap 2	3.25	16:26	5:03	4	2:56	32	4:43	6.50	33:26	5:08	6	7:18	36	10:30
Lap 3	3.25	16:23	5:02	5	2:55	28	4:11	9.75	49:49	5:06	5	10:13	33	14:41
Lap 4	3.25	16:46	5:09	6	3:12	38	4:14	13.00	1:06:35	5:07	6	13:25	36	18:55
Lap 5	3.25	17:09	5:16	6	3:09	39	4:25	16.25	1:23:44	5:09	6	16:34	38	23:20
Lap 6	3.25	16:16	5:00	4	1:47	20	3:30	19.50	1:40:00	5:07	6	17:52	32	26:40
Lap 7	3.25	15:46	4:51	4	1:29	16	3:13	22.75	1:55:46	5:05	5	19:21	29	29:53
Lap 8	3.25	15:56	4:54	3	1:11	13	3:12	26.00	2:11:42	5:03	5	20:22	26	33:05
Lap 9	3.25	16:03	4:56	3	1:14	12	3:15	29.25	2:27:45	5:03	4	20:12	24	36:20
Lap 10	3.25	15:41	4:49	2	0:36	9	2:46	32.50	2:43:26	5:01	4	19:52	21	39:06
Lap 11	3.25	15:10	4:39	2	0:04	7	2:10	35.75	2:58:36	4:59	4	19:39	18	41:16
Lap 12	3.25	15:17	4:42	1	-	6	2:32	39.00	3:13:53	4:58	4	19:28	15	43:48
Last lap Finish	3.25	14:40	4:30	2	0:31	5	2:01	42.25	3:28:33	4:56	4	19:15	14	45:49