



11. Kristall-Marathon

Merkers / 12.02.2017

Detailed evaluation

HERBERT, Stephan

Club: Northwood Runners Marath. Steinfurt
Number: 50

Course: 42.25 km
Marathon

Category:
Senioren M45 (45-49 Jahre)

Total time: 3:33:25

Speed: 11.81 km/h
Running performance: 5:03 min/km

Rank in course/Total: 16 (of 110)

Rank in course/Men: 16 (of 100)

Best time in course: 2:42:44

Rank in category: 3(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	3.25	14:42	4:31	6	1:38	19	3:29	3.25	14:42	4:31	6	1:38	19	3:29
Lap 2	3.25	15:11	4:40	7	1:37	19	3:28	6.50	29:53	4:35	6	3:15	19	6:57
Lap 3	3.25	15:17	4:42	6	1:27	19	3:05	9.75	45:10	4:37	6	4:42	19	10:02
Lap 4	3.25	15:46	4:51	6	1:39	19	3:14	13.00	1:00:56	4:41	7	6:21	20	13:16
Lap 5	3.25	15:54	4:53	6	1:52	19	3:10	16.25	1:16:50	4:43	6	8:13	19	16:26
Lap 6	3.25	15:55	4:53	5	1:49	18	3:09	19.50	1:32:45	4:45	6	10:02	19	19:25
Lap 7	3.25	15:51	4:52	5	1:37	18	3:18	22.75	1:48:36	4:46	6	11:39	19	22:43
Lap 8	3.25	16:10	4:58	5	1:43	17	3:26	26.00	2:04:46	4:47	5	13:22	18	26:09
Lap 9	3.25	16:23	5:02	3	1:55	16	3:35	29.25	2:21:09	4:49	5	15:17	18	29:44
Lap 10	3.25	16:58	5:13	2	1:59	16	4:03	32.50	2:38:07	4:51	5	17:16	17	33:47
Lap 11	3.25	17:32	5:23	3	2:31	20	4:32	35.75	2:55:39	4:54	4	19:47	16	38:19
Lap 12	3.25	18:31	5:41	3	2:39	23	5:46	39.00	3:14:10	4:58	3	22:26	16	44:05
Last lap Finish	3.25	19:15	5:55	6	3:06	36	6:36	42.25	3:33:25	5:03	3	25:32	16	50:41