



11. Kristall-Marathon

Merkers / 12.02.2017

Detailed evaluation

REDECKER, Heiko

Club: LC Solbad Ravensberg

Number: 106

Course: 42.25 km

Marathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 3:34:27

Speed: 11.75 km/h

Running performance: 5:05 min/km

Rank in course/Total: 17 (of 110)

Rank in course/Men: 17 (of 100)

Best time in course: 2:42:44

Rank in category: 4(of 26)

Best time in the category: 3:07:53

Intermediate times

Stage score

Total ranking

Control	Intermediate times				Stage score				Total ranking					
	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	14:11	4:21	3	1:07	12	2:58	3.25	14:11	4:21	3	1:07	12	2:58
Lap 2	3.25	14:16	4:23	3	0:42	12	2:33	6.50	28:27	4:22	3	1:49	12	5:31
Lap 3	3.25	14:29	4:27	2	0:39	11	2:17	9.75	42:56	4:24	3	2:28	12	7:48
Lap 4	3.25	14:49	4:33	2	0:42	13	2:17	13.00	57:45	4:26	3	3:10	12	10:05
Lap 5	3.25	14:49	4:33	2	0:47	12	2:05	16.25	1:12:34	4:27	3	3:57	12	12:10
Lap 6	3.25	14:54	4:35	2	0:48	10	2:08	19.50	1:27:28	4:29	3	4:45	12	14:08
Lap 7	3.25	15:29	4:45	2	1:15	14	2:56	22.75	1:42:57	4:31	3	6:00	13	17:04
Lap 8	3.25	16:02	4:56	4	1:35	16	3:18	26.00	1:58:59	4:34	3	7:35	13	20:22
Lap 9	3.25	17:05	5:15	6	2:37	23	4:17	29.25	2:16:04	4:39	3	10:12	13	24:39
Lap 10	3.25	18:36	5:43	10	3:37	35	5:41	32.50	2:34:40	4:45	3	13:49	14	30:20
Lap 11	3.25	19:50	6:06	16	4:49	50	6:50	35.75	2:54:30	4:52	3	18:38	15	37:10
Lap 12	3.25	20:18	6:14	14	4:26	46	7:33	39.00	3:14:48	4:59	4	23:04	17	44:43
Last lap Finish	3.25	19:39	6:02	8	3:30	40	7:00	42.25	3:34:27	5:04	4	26:34	17	51:43