



11. Kristall-Marathon

Merkers / 12.02.2017

Detailed evaluation

HAMMER, Felix

Club: FH Runners Berlin

Number: 46

Course: 42.25 km

Marathon

Category:

Senioren M30 (30-34 Jahre)

Total time: 3:37:56

Speed: 11.63 km/h

Running performance: 5:10 min/km

Rank in course/Total: 18 (of 110)

Rank in course/Men: 18 (of 100)

Best time in course: 2:42:44

Rank in category: 3(of 10)

Best time in the category: 2:54:22

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	13:50	4:15	3	1:38	10	2:37	3.25	13:50	4:15	3	1:38	10	2:37
Lap 2	3.25	14:00	4:18	3	1:20	8	2:17	6.50	27:50	4:16	3	2:22	9	4:54
Lap 3	3.25	14:01	4:18	3	1:29	7	1:49	9.75	41:51	4:17	3	3:49	8	6:43
Lap 4	3.25	14:12	4:22	3	1:32	7	1:40	13.00	56:03	4:18	3	5:21	8	8:23
Lap 5	3.25	14:14	4:22	3	1:28	8	1:30	16.25	1:10:17	4:19	3	6:49	8	9:53
Lap 6	3.25	14:47	4:32	3	2:00	9	2:01	19.50	1:25:04	4:21	3	8:49	8	11:44
Lap 7	3.25	15:08	4:39	3	2:00	11	2:35	22.75	1:40:12	4:24	3	10:49	8	14:19
Lap 8	3.25	19:54	6:07	9	6:35	69	7:10	26.00	2:00:06	4:37	3	17:24	14	21:29
Lap 9	3.25	19:12	5:54	6	5:15	50	6:24	29.25	2:19:18	4:45	3	22:39	15	27:53
Lap 10	3.25	19:45	6:04	5	5:42	55	6:50	32.50	2:39:03	4:53	3	28:21	18	34:43
Lap 11	3.25	19:59	6:08	5	5:41	52	6:59	35.75	2:59:02	5:00	3	34:02	19	41:42
Lap 12	3.25	19:47	6:05	4	5:20	41	7:02	39.00	3:18:49	5:05	3	39:22	18	48:44
Last lap Finish	3.25	19:07	5:52	4	4:40	34	6:28	42.25	3:37:56	5:09	3	43:34	18	55:12