



11. Kristall-Marathon

Merkers / 12.02.2017

Detailed evaluation

UHRICH, Ingmar

Club: Lauf Team Unna

Number: 135

Course: 42.25 km

Marathon

Category:

Senioren M55 (55-59 Jahre)

Total time: 3:39:49

Speed: 11.46 km/h

Running performance: 5:12 min/km

Rank in course/Total: 21 (of 110)

Rank in course/Men: 21 (of 100)

Best time in course: 2:42:44

Rank in category: 1(of 11)

Best time in the category: 3:39:49

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	17:01	5:14	3	1:08	51	5:48	3.25	17:01	5:14	3	1:08	51	5:48
Lap 2	3.25	16:30	5:04	2	0:54	34	4:47	6.50	33:31	5:09	2	2:02	45	10:35
Lap 3	3.25	16:29	5:04	2	0:37	35	4:17	9.75	50:00	5:07	2	2:39	36	14:52
Lap 4	3.25	16:34	5:05	2	0:36	34	4:02	13.00	1:06:34	5:07	2	3:15	35	18:54
Lap 5	3.25	17:01	5:14	2	0:45	34	4:17	16.25	1:23:35	5:08	2	4:00	36	23:11
Lap 6	3.25	16:52	5:11	2	0:22	32	4:06	19.50	1:40:27	5:09	2	4:22	35	27:07
Lap 7	3.25	18:19	5:38	4	1:54	53	5:46	22.75	1:58:46	5:13	2	6:16	36	32:53
Lap 8	3.25	17:07	5:15	2	0:13	23	4:23	26.00	2:15:53	5:13	2	6:29	33	37:16
Lap 9	3.25	16:56	5:12	1	-	22	4:08	29.25	2:32:49	5:13	2	6:03	33	41:24
Lap 10	3.25	16:38	5:07	1	-	14	3:43	32.50	2:49:27	5:12	2	4:46	31	45:07
Lap 11	3.25	17:12	5:17	2	0:12	18	4:12	35.75	3:06:39	5:13	2	2:46	29	49:19
Lap 12	3.25	17:20	5:19	1	-	15	4:35	39.00	3:23:59	5:13	1	-	26	53:54
Last lap Finish	3.25	15:50	4:52	1	-	12	3:11	42.25	3:39:49	5:12	1	-	21	57:05