



11. Kristall-Marathon

Merkers / 12.02.2017

Detailed evaluation

JAHN, Uwe

Club: Herr

Number: 58

Course: 42.25 km

Marathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 3:40:14

Speed: 11.44 km/h

Running performance: 5:13 min/km

Rank in course/Total: 22 (of 110)

Rank in course/Men: 22 (of 100)

Best time in course: 2:42:44

Rank in category: 5(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.	Stage score		Total			Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	Total km	Total Time	Total min/km			Pos Men	Behind Men
Lap 1	3.25	17:00	5:13	15	3:56	49	5:47	3.25	17:00	5:13	15	3:56	49	5:47
Lap 2	3.25	16:30	5:04	11	2:56	34	4:47	6.50	33:30	5:09	11	6:52	40	10:34
Lap 3	3.25	16:57	5:12	12	3:07	44	4:45	9.75	50:27	5:10	11	9:59	44	15:19
Lap 4	3.25	16:08	4:57	9	2:01	27	3:36	13.00	1:06:35	5:07	11	12:00	36	18:55
Lap 5	3.25	17:08	5:16	10	3:06	36	4:24	16.25	1:23:43	5:09	11	15:06	37	23:19
Lap 6	3.25	16:17	5:00	7	2:11	21	3:31	19.50	1:40:00	5:07	10	17:17	32	26:40
Lap 7	3.25	15:46	4:51	4	1:32	16	3:13	22.75	1:55:46	5:05	10	18:49	29	29:53
Lap 8	3.25	15:56	4:54	2	1:29	13	3:12	26.00	2:11:42	5:03	8	20:18	26	33:05
Lap 9	3.25	16:03	4:56	2	1:35	12	3:15	29.25	2:27:45	5:03	8	21:53	24	36:20
Lap 10	3.25	18:15	5:36	7	3:16	30	5:20	32.50	2:46:00	5:06	8	25:09	24	41:40
Lap 11	3.25	15:21	4:43	2	0:20	8	2:21	35.75	3:01:21	5:04	7	25:29	22	44:01
Lap 12	3.25	18:28	5:40	2	2:36	22	5:43	39.00	3:19:49	5:07	5	28:05	19	49:44
Last lap Finish	3.25	20:25	6:16	16	4:16	54	7:46	42.25	3:40:14	5:12	5	32:21	22	57:30