



# 11. Kristall-Marathon

Merkers / 12.02.2017

## Detailed evaluation

**BECKER, Maik**

Club: ACTREME Team

Number: 7

Course: 42.25 km

Marathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 3:41:15

Speed: 11.39 km/h

Running performance: 5:14 min/km

Rank in course/Total: 23 (of 110)

Rank in course/Men: 23 (of 100)

Best time in course: 2:42:44

Rank in category: 6(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	15:18	4:42	9	2:14	25	4:05	3.25	15:18	4:42	9	2:14	25	4:05
Lap 2	3.25	14:51	4:34	5	1:17	15	3:08	6.50	30:09	4:38	7	3:31	20	7:13
Lap 3	3.25	15:08	4:39	5	1:18	16	2:56	9.75	45:17	4:38	7	4:49	20	10:09
Lap 4	3.25	15:18	4:42	5	1:11	16	2:46	13.00	1:00:35	4:39	5	6:00	18	12:55
Lap 5	3.25	15:14	4:41	4	1:12	16	2:30	16.25	1:15:49	4:39	5	7:12	17	15:25
Lap 6	3.25	15:44	4:50	4	1:38	17	2:58	19.50	1:31:33	4:41	5	8:50	17	18:13
Lap 7	3.25	16:43	5:08	8	2:29	26	4:10	22.75	1:48:16	4:45	5	11:19	18	22:23
Lap 8	3.25	17:15	5:18	7	2:48	25	4:31	26.00	2:05:31	4:49	6	14:07	19	26:54
Lap 9	3.25	17:34	5:24	7	3:06	27	4:46	29.25	2:23:05	4:53	6	17:13	19	31:40
Lap 10	3.25	17:43	5:27	4	2:44	24	4:48	32.50	2:40:48	4:56	6	19:57	19	36:28
Lap 11	3.25	19:48	6:05	15	4:47	48	6:48	35.75	3:00:36	5:03	6	24:44	20	43:16
Lap 12	3.25	20:33	6:19	16	4:41	49	7:48	39.00	3:21:09	5:09	7	29:25	21	51:04
Last lap Finish	3.25	20:06	6:11	13	3:57	51	7:27	42.25	3:41:15	5:14	6	33:22	23	58:31