



11. Kristall-Marathon

Merkers / 12.02.2017

Detailed evaluation

KÜNSTNER, Jörn

Club: LG Mauerweg Berlin e.V.

Number: 75

Course: 42.25 km

Marathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 3:42:31

Speed: 11.32 km/h

Running performance: 5:16 min/km

Rank in course/Total: 27 (of 110)

Rank in course/Men: 26 (of 100)

Best time in course: 2:42:44

Rank in category: 8(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 ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	3.25	15:16	4:41	8	2:12	24	4:03	3.25	15:16	4:41	8	2:12	24	4:03
Lap 2	3.25	15:40	4:49	9	2:06	25	3:57	6.50	30:56	4:45	9	4:18	24	8:00
Lap 3	3.25	16:24	5:02	9	2:34	30	4:12	9.75	47:20	4:51	9	6:52	25	12:12
Lap 4	3.25	16:33	5:05	10	2:26	33	4:01	13.00	1:03:53	4:54	9	9:18	27	16:13
Lap 5	3.25	17:03	5:14	9	3:01	35	4:19	16.25	1:20:56	4:58	9	12:19	27	20:32
Lap 6	3.25	17:21	5:20	9	3:15	38	4:35	19.50	1:38:17	5:02	9	15:34	28	24:57
Lap 7	3.25	16:50	5:10	9	2:36	27	4:17	22.75	1:55:07	5:03	9	18:10	28	29:14
Lap 8	3.25	17:36	5:24	9	3:09	30	4:52	26.00	2:12:43	5:06	10	21:19	31	34:06
Lap 9	3.25	17:36	5:24	8	3:08	28	4:48	29.25	2:30:19	5:08	9	24:27	29	38:54
Lap 10	3.25	17:52	5:29	6	2:53	27	4:57	32.50	2:48:11	5:10	9	27:20	29	43:51
Lap 11	3.25	17:59	5:31	4	2:58	25	4:59	35.75	3:06:10	5:12	9	30:18	27	48:50
Lap 12	3.25	18:31	5:41	3	2:39	23	5:46	39.00	3:24:41	5:14	9	32:57	28	54:36
Last lap Finish	3.25	17:50	5:29	3	1:41	23	5:11	42.25	3:42:31	5:15	8	34:38	26	59:47