



11. Kristall-Marathon

Merkers / 12.02.2017

Detailed evaluation

URBANIAK, Hans

Club: Endorphinjunkies.de Dortmund

Number: 137

Course: 42.25 km

Marathon

Category:

Senioren M50 (50-54 Jahre)

Total time: 3:50:38

Speed: 10.93 km/h

Running performance: 5:28 min/km

Rank in course/Total: 36 (of 110)

Rank in course/Men: 34 (of 100)

Best time in course: 2:42:44

Rank in category: 4(of 12)

Best time in the category: 3:16:48

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	16:40	5:07	4	2:48	36	5:27	3.25	16:40	5:07	4	2:48	36	5:27
Lap 2	3.25	16:42	5:08	4	2:38	44	4:59	6.50	33:22	5:08	3	5:26	35	10:26
Lap 3	3.25	16:48	5:10	5	2:26	42	4:36	9.75	50:10	5:08	4	7:52	42	15:02
Lap 4	3.25	17:02	5:14	5	2:42	42	4:30	13.00	1:07:12	5:10	4	10:34	40	19:32
Lap 5	3.25	18:33	5:42	6	3:53	73	5:49	16.25	1:25:45	5:16	5	14:27	45	25:21
Lap 6	3.25	17:25	5:21	6	2:12	39	4:39	19.50	1:43:10	5:17	5	16:39	44	29:50
Lap 7	3.25	17:13	5:17	4	1:45	31	4:40	22.75	2:00:23	5:17	5	18:24	41	34:30
Lap 8	3.25	17:39	5:25	4	2:26	33	4:55	26.00	2:18:02	5:18	5	20:50	40	39:25
Lap 9	3.25	17:37	5:25	3	1:40	29	4:49	29.25	2:35:39	5:19	4	22:30	37	44:14
Lap 10	3.25	18:24	5:39	3	2:12	32	5:29	32.50	2:54:03	5:21	4	24:42	36	49:43
Lap 11	3.25	18:20	5:38	3	2:05	27	5:20	35.75	3:12:23	5:22	4	26:47	34	55:03
Lap 12	3.25	19:02	5:51	3	3:10	31	6:17	39.00	3:31:25	5:25	4	29:57	34	1:01:20
Last lap Finish	3.25	19:13	5:54	4	3:53	35	6:34	42.25	3:50:38	5:27	4	33:50	34	1:07:54