



# 11. Kristall-Marathon

Merkers / 12.02.2017

## Detailed evaluation

**VANDENWEGHE, Juan**

Club: Menen

Number: 138

Course: 42.25 km

Marathon

Category:

Senioren M35 (35-39 Jahre)

Total time: 3:53:35

Speed: 10.79 km/h

Running performance: 5:32 min/km

Rank in course/Total: 39 (of 110)

Rank in course/Men: 37 (of 100)

Best time in course: 2:42:44

Rank in category: 8(of 16)

Best time in the category: 2:42:44

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	17:56	5:31	13	6:43	75	6:43	3.25	17:56	5:31	13	6:43	75	6:43
Lap 2	3.25	18:33	5:42	14	6:50	83	6:50	6.50	36:29	5:36	13	13:33	78	13:33
Lap 3	3.25	19:05	5:52	14	6:53	85	6:53	9.75	55:34	5:41	14	20:26	81	20:26
Lap 4	3.25	18:51	5:48	13	6:19	75	6:19	13.00	1:14:25	5:43	14	26:45	81	26:45
Lap 5	3.25	18:30	5:41	12	5:46	71	5:46	16.25	1:32:55	5:43	14	32:31	78	32:31
Lap 6	3.25	18:27	5:40	12	5:31	66	5:41	19.50	1:51:22	5:42	14	38:02	76	38:02
Lap 7	3.25	18:35	5:43	11	6:02	60	6:02	22.75	2:09:57	5:42	14	44:04	76	44:04
Lap 8	3.25	18:06	5:34	10	5:22	39	5:22	26.00	2:28:03	5:41	14	49:26	72	49:26
Lap 9	3.25	16:36	5:06	6	3:48	18	3:48	29.25	2:44:39	5:37	11	53:14	65	53:14
Lap 10	3.25	16:50	5:10	5	3:55	15	3:55	32.50	3:01:29	5:35	10	57:09	55	57:09
Lap 11	3.25	17:26	5:21	6	4:26	19	4:26	35.75	3:18:55	5:33	10	1:01:35	49	1:01:35
Lap 12	3.25	18:05	5:33	7	5:20	21	5:20	39.00	3:37:00	5:33	9	1:06:55	42	1:06:55
Last lap Finish	3.25	16:35	5:06	5	3:56	16	3:56	42.25	3:53:35	5:31	8	1:10:51	37	1:10:51