



11. Kristall-Marathon

Merkers / 12.02.2017

Detailed evaluation

FLICK, Markus

Club: SF Ennepetal

Number: 35

Course: 42.25 km

Marathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 3:56:34

Speed: 10.65 km/h

Running performance: 5:36 min/km

Rank in course/Total: 45 (of 110)

Rank in course/Men: 43 (of 100)

Best time in course: 2:42:44

Rank in category: 11(of 26)

Best time in the category: 3:07:53

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Stage score		Pos	Behind	Total		Pos	Behind	Total ranking	
	km	Time			min/km	Cat.			Men	Men			km	Time
Lap 1	3.25	16:42	5:08	11	3:38	37	5:29	3.25	16:42	5:08	11	3:38	37	5:29
Lap 2	3.25	16:48	5:10	12	3:14	46	5:05	6.50	33:30	5:09	11	6:52	40	10:34
Lap 3	3.25	17:00	5:13	13	3:10	46	4:48	9.75	50:30	5:10	12	10:02	45	15:22
Lap 4	3.25	17:24	5:21	13	3:17	48	4:52	13.00	1:07:54	5:13	13	13:19	45	20:14
Lap 5	3.25	17:51	5:29	13	3:49	52	5:07	16.25	1:25:45	5:16	13	17:08	45	25:21
Lap 6	3.25	17:31	5:23	10	3:25	40	4:45	19.50	1:43:16	5:17	13	20:33	45	29:56
Lap 7	3.25	18:27	5:40	15	4:13	56	5:54	22.75	2:01:43	5:21	13	24:46	46	35:50
Lap 8	3.25	18:18	5:37	11	3:51	45	5:34	26.00	2:20:01	5:23	12	28:37	42	41:24
Lap 9	3.25	19:48	6:05	17	5:20	58	7:00	29.25	2:39:49	5:27	13	33:57	44	48:24
Lap 10	3.25	18:41	5:44	11	3:42	36	5:46	32.50	2:58:30	5:29	13	37:39	42	54:10
Lap 11	3.25	19:15	5:55	11	4:14	40	6:15	35.75	3:17:45	5:31	12	41:53	43	1:00:25
Lap 12	3.25	19:14	5:55	8	3:22	32	6:29	39.00	3:36:59	5:33	11	45:15	41	1:06:54
Last lap Finish	3.25	19:35	6:01	7	3:26	39	6:56	42.25	3:56:34	5:35	11	48:41	43	1:13:50