



11. Kristall-Marathon

Merkers / 12.02.2017

Detailed evaluation

MEURER, Ingo

Club: Die flinken Gerataler/SV Olympia Neustadt
Number: 86

Course: 42.25 km
Marathon

Category:
Senioren M45 (45-49 Jahre)

Total time: 3:57:02

Speed: 10.63 km/h

Running performance: 5:37 min/km

Rank in course/Total: 47 (of 110)

Rank in course/Men: 45 (of 100)

Best time in course: 2:42:44

Rank in category: 12(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	16:43	5:08	12	3:39	39	5:30	3.25	16:43	5:08	12	3:39	39	5:30
Lap 2	3.25	17:12	5:17	14	3:38	56	5:29	6.50	33:55	5:13	14	7:17	50	10:59
Lap 3	3.25	17:27	5:22	14	3:37	51	5:15	9.75	51:22	5:16	14	10:54	51	16:14
Lap 4	3.25	17:25	5:21	14	3:18	49	4:53	13.00	1:08:47	5:17	14	14:12	51	21:07
Lap 5	3.25	17:51	5:29	13	3:49	52	5:07	16.25	1:26:38	5:19	14	18:01	51	26:14
Lap 6	3.25	17:39	5:25	12	3:33	46	4:53	19.50	1:44:17	5:20	14	21:34	49	30:57
Lap 7	3.25	18:05	5:33	12	3:51	45	5:32	22.75	2:02:22	5:22	14	25:25	49	36:29
Lap 8	3.25	18:20	5:38	12	3:53	48	5:36	26.00	2:20:42	5:24	14	29:18	48	42:05
Lap 9	3.25	18:42	5:45	12	4:14	45	5:54	29.25	2:39:24	5:26	12	33:32	41	47:59
Lap 10	3.25	19:00	5:50	13	4:01	44	6:05	32.50	2:58:24	5:29	12	37:33	40	54:04
Lap 11	3.25	19:07	5:52	9	4:06	35	6:07	35.75	3:17:31	5:31	11	41:39	41	1:00:11
Lap 12	3.25	19:40	6:03	12	3:48	40	6:55	39.00	3:37:11	5:34	12	45:27	44	1:07:06
Last lap Finish	3.25	19:51	6:06	11	3:42	47	7:12	42.25	3:57:02	5:36	12	49:09	45	1:14:18