



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 | | Pos | Behind | Stage score | | Pos | Behind | Total | | Pos | Behind | Total ranking | | |
|-----------------|-------|-------|------|--------|-------------|------|------|--------|-------|---------|------|--------|---------------|------|---------|
| | km | Time | | | min/km | Cat. | | | Men | Men | | | km | Time | min/km |
| 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 |