



11. Kristall-Marathon

Merkers / 12.02.2017

Detailed evaluation

KNAACK, Tobias

Club: FC St. Pauli Triathlon

Number: 68

Course: 42.25 km

Marathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 3:59:20

Speed: 10.53 km/h

Running performance: 5:40 min/km

Rank in course/Total: 54 (of 110)

Rank in course/Men: 51 (of 100)

Best time in course: 2:42:44

Rank in category: 8(of 19)

Best time in the category: 3:09:18

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Lap 1	3.25	17:11	5:17	12	4:33	58	5:58	3.25	17:11	5:17	12	4:33	58	5:58
Lap 2	3.25	16:56	5:12	12	3:26	48	5:13	6.50	34:07	5:14	12	7:59	53	11:11
Lap 3	3.25	17:13	5:17	9	3:45	49	5:01	9.75	51:20	5:15	10	11:44	50	16:12
Lap 4	3.25	17:35	5:24	9	4:01	51	5:03	13.00	1:08:55	5:18	10	15:45	52	21:15
Lap 5	3.25	17:37	5:25	7	3:37	44	4:53	16.25	1:26:32	5:19	9	19:22	50	26:08
Lap 6	3.25	17:54	5:30	8	3:25	53	5:08	19.50	1:44:26	5:21	9	22:18	50	31:06
Lap 7	3.25	18:44	5:45	11	4:27	64	6:11	22.75	2:03:10	5:24	9	26:45	50	37:17
Lap 8	3.25	19:09	5:53	11	4:24	63	6:25	26.00	2:22:19	5:28	9	30:59	52	43:42
Lap 9	3.25	19:54	6:07	10	5:05	61	7:06	29.25	2:42:13	5:32	11	34:40	58	50:48
Lap 10	3.25	19:51	6:06	10	4:46	56	6:56	32.50	3:02:04	5:36	11	38:30	56	57:44
Lap 11	3.25	19:02	5:51	7	3:56	34	6:02	35.75	3:21:06	5:37	10	42:09	54	1:03:46
Lap 12	3.25	19:26	5:58	8	4:09	37	6:41	39.00	3:40:32	5:39	8	46:07	52	1:10:27
Last lap Finish	3.25	18:48	5:47	8	4:39	33	6:09	42.25	3:59:20	5:39	8	50:02	51	1:16:36