



11. Kristall-Marathon

Merkers / 12.02.2017

Detailed evaluation

SCHARFENBERG, Jörg

Club: Herr

Number: 116

Course: 42.25 km

Marathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 4:03:35

Speed: 10.35 km/h

Running performance: 5:46 min/km

Rank in course/Total: 60 (of 110)

Rank in course/Men: 55 (of 100)

Best time in course: 2:42:44

Rank in category: 17(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.	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	18:39	5:44	23	5:35	83	7:26	3.25	18:39	5:44	23	5:35	83	7:26
Lap 2	3.25	18:07	5:34	22	4:33	76	6:24	6.50	36:46	5:39	22	10:08	80	13:50
Lap 3	3.25	18:34	5:42	22	4:44	78	6:22	9.75	55:20	5:40	21	14:52	78	20:12
Lap 4	3.25	18:10	5:35	19	4:03	66	5:38	13.00	1:13:30	5:39	21	18:55	75	25:50
Lap 5	3.25	17:57	5:31	17	3:55	58	5:13	16.25	1:31:27	5:37	20	22:50	73	31:03
Lap 6	3.25	18:02	5:32	14	3:56	58	5:16	19.50	1:49:29	5:36	20	26:46	72	36:09
Lap 7	3.25	18:17	5:37	13	4:03	50	5:44	22.75	2:07:46	5:36	20	30:49	70	41:53
Lap 8	3.25	18:46	5:46	16	4:19	56	6:02	26.00	2:26:32	5:38	20	35:08	66	47:55
Lap 9	3.25	18:25	5:40	10	3:57	39	5:37	29.25	2:44:57	5:38	20	39:05	66	53:32
Lap 10	3.25	19:38	6:02	16	4:39	51	6:43	32.50	3:04:35	5:40	18	43:44	63	1:00:15
Lap 11	3.25	19:40	6:03	13	4:39	46	6:40	35.75	3:24:15	5:42	18	48:23	59	1:06:55
Lap 12	3.25	19:39	6:02	11	3:47	39	6:54	39.00	3:43:54	5:44	18	52:10	59	1:13:49
Last lap Finish	3.25	19:41	6:03	9	3:32	41	7:02	42.25	4:03:35	5:45	17	55:42	55	1:20:51