



11. Kristall-Marathon

Merkers / 12.02.2017

Detailed evaluation

BERKENKAMP, Stefan

Club: UARS Berlin

Number: 11

Course: 42.25 km

Marathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 4:04:46

Speed: 10.30 km/h

Running performance: 5:47 min/km

Rank in course/Total: 61 (of 110)

Rank in course/Men: 56 (of 100)

Best time in course: 2:42:44

Rank in category: 10(of 19)

Best time in the category: 3:09:18

Intermediate times

Stage score

Total ranking

Control	Intermediate times				Stage score				Total ranking					
	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	16:53	5:11	7	4:15	43	5:40	3.25	16:53	5:11	7	4:15	43	5:40
Lap 2	3.25	16:35	5:06	7	3:05	39	4:52	6.50	33:28	5:08	7	7:20	37	10:32
Lap 3	3.25	16:35	5:06	6	3:07	38	4:23	9.75	50:03	5:07	8	10:27	39	14:55
Lap 4	3.25	16:25	5:03	5	2:51	31	3:53	13.00	1:06:28	5:06	5	13:18	33	18:48
Lap 5	3.25	16:35	5:06	5	2:35	28	3:51	16.25	1:23:03	5:06	5	15:53	31	22:39
Lap 6	3.25	16:47	5:09	6	2:18	31	4:01	19.50	1:39:50	5:07	5	17:42	30	26:30
Lap 7	3.25	18:27	5:40	9	4:10	56	5:54	22.75	1:58:17	5:11	6	21:52	33	32:24
Lap 8	3.25	19:55	6:07	12	5:10	70	7:11	26.00	2:18:12	5:18	6	26:52	41	39:35
Lap 9	3.25	21:21	6:34	13	6:32	74	8:33	29.25	2:39:33	5:27	6	32:00	42	48:08
Lap 10	3.25	20:41	6:21	11	5:36	63	7:46	32.50	3:00:14	5:32	9	36:40	51	55:54
Lap 11	3.25	21:02	6:28	11	5:56	60	8:02	35.75	3:21:16	5:37	11	42:19	55	1:03:56
Lap 12	3.25	20:46	6:23	10	5:29	52	8:01	39.00	3:42:02	5:41	10	47:37	56	1:11:57
Last lap Finish	3.25	22:44	6:59	11	8:35	66	10:05	42.25	4:04:46	5:47	10	55:28	56	1:22:02