



11. Kristall-Marathon

Merkers / 12.02.2017

Detailed evaluation

TAMTELEN, Alexandros

Club: Eintracht Frankfurt Triathlon

Number: 130

Course: 42.25 km

Marathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 4:06:09

Speed: 10.24 km/h

Running performance: 5:50 min/km

Rank in course/Total: 64 (of 110)

Rank in course/Men: 59 (of 100)

Best time in course: 2:42:44

Rank in category: 11(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	16:19	5:01	5	3:41	31	5:06	3.25	16:19	5:01	5	3:41	31	5:06
Lap 2	3.25	16:38	5:07	8	3:08	42	4:55	6.50	32:57	5:04	5	6:49	34	10:01
Lap 3	3.25	16:58	5:13	7	3:30	45	4:46	9.75	49:55	5:07	7	10:19	35	14:47
Lap 4	3.25	17:17	5:19	7	3:43	46	4:45	13.00	1:07:12	5:10	7	14:02	40	19:32
Lap 5	3.25	17:59	5:31	12	3:59	62	5:15	16.25	1:25:11	5:14	7	18:01	42	24:47
Lap 6	3.25	18:34	5:42	12	4:05	70	5:48	19.50	1:43:45	5:19	8	21:37	47	30:25
Lap 7	3.25	17:53	5:30	7	3:36	40	5:20	22.75	2:01:38	5:20	7	25:13	45	35:45
Lap 8	3.25	18:53	5:48	10	4:08	59	6:09	26.00	2:20:31	5:24	8	29:11	44	41:54
Lap 9	3.25	19:29	5:59	8	4:40	53	6:41	29.25	2:40:00	5:28	8	32:27	45	48:35
Lap 10	3.25	19:39	6:02	9	4:34	53	6:44	32.50	2:59:39	5:31	7	36:05	48	55:19
Lap 11	3.25	20:36	6:20	10	5:30	56	7:36	35.75	3:20:15	5:36	8	41:18	51	1:02:55
Lap 12	3.25	22:01	6:46	11	6:44	61	9:16	39.00	3:42:16	5:41	11	47:51	57	1:12:11
Last lap Finish	3.25	23:53	7:20	14	9:44	77	11:14	42.25	4:06:09	5:49	11	56:51	59	1:23:25