



11. Kristall-Marathon

Merkers / 12.02.2017

Detailed evaluation

HUNGER, Alexander

Club: WSV Berlin

Number: 57

Course: 42.25 km

Marathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 4:06:50

Speed: 10.21 km/h

Running performance: 5:50 min/km

Rank in course/Total: 65 (of 110)

Rank in course/Men: 60 (of 100)

Best time in course: 2:42:44

Rank in category: 18(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	3.25	17:22	5:20	17	4:18	64	6:09	3.25	17:22	5:20	17	4:18	64	6:09
Lap 2	3.25	17:30	5:23	19	3:56	67	5:47	6.50	34:52	5:21	17	8:14	64	11:56
Lap 3	3.25	17:31	5:23	15	3:41	52	5:19	9.75	52:23	5:22	17	11:55	62	17:15
Lap 4	3.25	18:02	5:32	18	3:55	60	5:30	13.00	1:10:25	5:25	17	15:50	59	22:45
Lap 5	3.25	17:54	5:30	16	3:52	56	5:10	16.25	1:28:19	5:26	17	19:42	58	27:55
Lap 6	3.25	18:25	5:40	18	4:19	65	5:39	19.50	1:46:44	5:28	17	24:01	62	33:24
Lap 7	3.25	19:28	5:59	21	5:14	72	6:55	22.75	2:06:12	5:32	18	29:15	64	40:19
Lap 8	3.25	18:38	5:44	15	4:11	53	5:54	26.00	2:24:50	5:34	18	33:26	63	46:13
Lap 9	3.25	19:28	5:59	16	5:00	52	6:40	29.25	2:44:18	5:37	18	38:26	63	52:53
Lap 10	3.25	19:42	6:03	18	4:43	54	6:47	32.50	3:04:00	5:39	17	43:09	62	59:40
Lap 11	3.25	19:46	6:04	14	4:45	47	6:46	35.75	3:23:46	5:41	17	47:54	58	1:06:26
Lap 12	3.25	19:59	6:08	13	4:07	43	7:14	39.00	3:43:45	5:44	17	52:01	58	1:13:40
Last lap Finish	3.25	23:05	7:06	19	6:56	70	10:26	42.25	4:06:50	5:50	18	58:57	60	1:24:06