



11. Kristall-Marathon

Merkers / 12.02.2017

Detailed evaluation

MICACH, Michael

Club: LG Run N Ride Bexbach

Number: 90

Course: 42.25 km

Marathon

Category:

Senioren M35 (35-39 Jahre)

Total time: 4:10:02

Speed: 10.08 km/h

Running performance: 5:55 min/km

Rank in course/Total: 66 (of 110)

Rank in course/Men: 61 (of 100)

Best time in course: 2:42:44

Rank in category: 12(of 16)

Best time in the category: 2:42:44

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	16:07	4:57	7	4:54	28	4:54	3.25	16:07	4:57	7	4:54	28	4:54
Lap 2	3.25	15:47	4:51	6	4:04	28	4:04	6.50	31:54	4:54	6	8:58	27	8:58
Lap 3	3.25	16:53	5:11	9	4:41	43	4:41	9.75	48:47	5:00	6	13:39	29	13:39
Lap 4	3.25	19:08	5:53	14	6:36	78	6:36	13.00	1:07:55	5:13	8	20:15	46	20:15
Lap 5	3.25	18:30	5:41	12	5:46	71	5:46	16.25	1:26:25	5:19	10	26:01	49	26:01
Lap 6	3.25	19:09	5:53	15	6:13	75	6:23	19.50	1:45:34	5:24	10	32:14	51	32:14
Lap 7	3.25	19:55	6:07	14	7:22	76	7:22	22.75	2:05:29	5:30	11	39:36	61	39:36
Lap 8	3.25	20:13	6:13	14	7:29	74	7:29	26.00	2:25:42	5:36	11	47:05	65	47:05
Lap 9	3.25	19:36	6:01	12	6:48	54	6:48	29.25	2:45:18	5:39	12	53:53	67	53:53
Lap 10	3.25	20:53	6:25	12	7:58	65	7:58	32.50	3:06:11	5:43	12	1:01:51	66	1:01:51
Lap 11	3.25	21:12	6:31	12	8:12	61	8:12	35.75	3:27:23	5:48	12	1:10:03	65	1:10:03
Lap 12	3.25	22:10	6:49	13	9:25	62	9:25	39.00	3:49:33	5:53	12	1:19:28	63	1:19:28
Last lap Finish	3.25	20:29	6:18	12	7:50	55	7:50	42.25	4:10:02	5:55	12	1:27:18	61	1:27:18