



11. Kristall-Marathon

Merkers / 12.02.2017

Detailed evaluation

UNGER, Thomas

Club: Laufftreff Arnstadt

Number: 136

Course: 42.25 km

Marathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 4:13:27

Speed: 9.94 km/h

Running performance: 6:00 min/km

Rank in course/Total: 69 (of 110)

Rank in course/Men: 64 (of 100)

Best time in course: 2:42:44

Rank in category: 20(of 26)

Best time in the category: 3:07:53

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	16:44	5:08	13	3:40	40	5:31	3.25	16:44	5:08	13	3:40	40	5:31
Lap 2	3.25	17:10	5:16	13	3:36	55	5:27	6.50	33:54	5:12	13	7:16	48	10:58
Lap 3	3.25	17:33	5:24	17	3:43	54	5:21	9.75	51:27	5:16	15	10:59	52	16:19
Lap 4	3.25	17:52	5:29	17	3:45	57	5:20	13.00	1:09:19	5:19	15	14:44	54	21:39
Lap 5	3.25	18:07	5:34	19	4:05	65	5:23	16.25	1:27:26	5:22	15	18:49	53	27:02
Lap 6	3.25	18:23	5:39	17	4:17	64	5:37	19.50	1:45:49	5:25	15	23:06	52	32:29
Lap 7	3.25	18:55	5:49	19	4:41	67	6:22	22.75	2:04:44	5:28	16	27:47	57	38:51
Lap 8	3.25	19:18	5:56	20	4:51	65	6:34	26.00	2:24:02	5:32	16	32:38	59	45:25
Lap 9	3.25	20:00	6:09	20	5:32	64	7:12	29.25	2:44:02	5:36	17	38:10	62	52:37
Lap 10	3.25	20:33	6:19	20	5:34	61	7:38	32.50	3:04:35	5:40	18	43:44	63	1:00:15
Lap 11	3.25	22:12	6:49	20	7:11	66	9:12	35.75	3:26:47	5:47	19	50:55	63	1:09:27
Lap 12	3.25	23:25	7:12	19	7:33	69	10:40	39.00	3:50:12	5:54	19	58:28	64	1:20:07
Last lap Finish	3.25	23:15	7:09	20	7:06	73	10:36	42.25	4:13:27	5:59	20	1:05:34	64	1:30:43