



11. Kristall-Marathon

Merkers / 12.02.2017

Detailed evaluation

JANY, Sebastian

Club: Brandenburg

Number: 59

Course: 42.25 km

Marathon

Category:

Senioren M30 (30-34 Jahre)

Total time: 4:14:00

Speed: 9.92 km/h

Running performance: 6:01 min/km

Rank in course/Total: 70 (of 110)

Rank in course/Men: 65 (of 100)

Best time in course: 2:42:44

Rank in category: 8(of 10)

Best time in the category: 2:54:22

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total			Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	Total km	Total Time	Total min/km			Pos Men	Behind Men
Lap 1	3.25	17:06	5:15	7	4:54	55	5:53	3.25	17:06	5:15	7	4:54	55	5:53
Lap 2	3.25	17:18	5:19	8	4:38	58	5:35	6.50	34:24	5:17	7	8:56	56	11:28
Lap 3	3.25	17:52	5:29	8	5:20	62	5:40	9.75	52:16	5:21	8	14:14	59	17:08
Lap 4	3.25	18:04	5:33	9	5:24	63	5:32	13.00	1:10:20	5:24	8	19:38	57	22:40
Lap 5	3.25	17:57	5:31	8	5:11	58	5:13	16.25	1:28:17	5:25	8	24:49	56	27:53
Lap 6	3.25	17:53	5:30	8	5:06	50	5:07	19.50	1:46:10	5:26	8	29:55	58	32:50
Lap 7	3.25	18:03	5:33	6	4:55	43	5:30	22.75	2:04:13	5:27	8	34:50	53	38:20
Lap 8	3.25	18:06	5:34	5	4:47	39	5:22	26.00	2:22:19	5:28	8	39:37	52	43:42
Lap 9	3.25	18:31	5:41	4	4:34	41	5:43	29.25	2:40:50	5:29	6	44:11	50	49:25
Lap 10	3.25	20:29	6:18	7	6:26	60	7:34	32.50	3:01:19	5:34	7	50:37	54	56:59
Lap 11	3.25	23:03	7:05	9	8:45	72	10:03	35.75	3:24:22	5:42	7	59:22	60	1:07:02
Lap 12	3.25	23:47	7:19	9	9:20	75	11:02	39.00	3:48:09	5:51	8	1:08:42	62	1:18:04
Last lap Finish	3.25	25:51	7:57	9	11:24	87	13:12	42.25	4:14:00	6:00	8	1:19:38	65	1:31:16