



11. Kristall-Marathon

Merkers / 12.02.2017

Detailed evaluation

CLAUS, Dennis

Club: Herford

Number: 22

Course: 42.25 km

Marathon

Category:

Senioren M35 (35-39 Jahre)

Total time: 4:23:07

Speed: 9.58 km/h

Running performance: 6:14 min/km

Rank in course/Total: 78 (of 110)

Rank in course/Men: 73 (of 100)

Best time in course: 2:42:44

Rank in category: 14(of 16)

Best time in the category: 2:42:44

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Men
Lap 1	3.25	19:05	5:52	15	7:52	91	7:52	3.25	19:05	5:52	15	7:52	91	7:52
Lap 2	3.25	18:07	5:34	13	6:24	76	6:24	6.50	37:12	5:43	14	14:16	85	14:16
Lap 3	3.25	18:14	5:36	13	6:02	71	6:02	9.75	55:26	5:41	13	20:18	79	20:18
Lap 4	3.25	18:35	5:43	12	6:03	71	6:03	13.00	1:14:01	5:41	13	26:21	78	26:21
Lap 5	3.25	17:45	5:27	11	5:01	48	5:01	16.25	1:31:46	5:38	13	31:22	77	31:22
Lap 6	3.25	18:19	5:38	11	5:23	63	5:33	19.50	1:50:05	5:38	13	36:45	75	36:45
Lap 7	3.25	18:40	5:44	12	6:07	62	6:07	22.75	2:08:45	5:39	13	42:52	72	42:52
Lap 8	3.25	18:43	5:45	12	5:59	54	5:59	26.00	2:27:28	5:40	13	48:51	70	48:51
Lap 9	3.25	19:58	6:08	13	7:10	63	7:10	29.25	2:47:26	5:43	13	56:01	68	56:01
Lap 10	3.25	23:00	7:04	15	10:05	82	10:05	32.50	3:10:26	5:51	13	1:06:06	71	1:06:06
Lap 11	3.25	23:49	7:19	15	10:49	79	10:49	35.75	3:34:15	5:59	14	1:16:55	71	1:16:55
Lap 12	3.25	24:04	7:24	14	11:19	76	11:19	39.00	3:58:19	6:06	14	1:28:14	72	1:28:14
Last lap Finish	3.25	24:48	7:37	15	12:09	82	12:09	42.25	4:23:07	6:13	14	1:40:23	73	1:40:23