



11. Kristall-Marathon

Merkers / 12.02.2017

Detailed evaluation

WEBER, Heiko

Club: TuS 45/53 Heessen

Number: 141

Course: 42.25 km

Marathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 4:26:49

Speed: 9.44 km/h

Running performance: 6:19 min/km

Rank in course/Total: 83 (of 110)

Rank in course/Men: 77 (of 100)

Best time in course: 2:42:44

Rank in category: 15(of 19)

Best time in the category: 3:09:18

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Lap 1	3.25	17:13	5:17	13	4:35	59	6:00	3.25	17:13	5:17	13	4:35	59	6:00
Lap 2	3.25	16:41	5:08	9	3:11	43	4:58	6.50	33:54	5:12	11	7:46	48	10:58
Lap 3	3.25	18:08	5:34	14	4:40	68	5:56	9.75	52:02	5:20	12	12:26	57	16:54
Lap 4	3.25	18:51	5:48	15	5:17	75	6:19	13.00	1:10:53	5:27	12	17:43	63	23:13
Lap 5	3.25	18:23	5:39	14	4:23	69	5:39	16.25	1:29:16	5:29	13	22:06	67	28:52
Lap 6	3.25	19:46	6:04	15	5:17	79	7:00	19.50	1:49:02	5:35	13	26:54	69	35:42
Lap 7	3.25	20:50	6:24	15	6:33	85	8:17	22.75	2:09:52	5:42	15	33:27	75	43:59
Lap 8	3.25	23:10	7:07	16	8:25	93	10:26	26.00	2:33:02	5:53	15	41:42	78	54:25
Lap 9	3.25	22:20	6:52	14	7:31	82	9:32	29.25	2:55:22	5:59	15	47:49	79	1:03:57
Lap 10	3.25	21:50	6:43	12	6:45	70	8:55	32.50	3:17:12	6:04	15	53:38	77	1:12:52
Lap 11	3.25	21:57	6:45	12	6:51	65	8:57	35.75	3:39:09	6:07	15	1:00:12	76	1:21:49
Lap 12	3.25	23:39	7:16	13	8:22	71	10:54	39.00	4:02:48	6:13	15	1:08:23	77	1:32:43
Last lap Finish	3.25	24:01	7:23	15	9:52	78	11:22	42.25	4:26:49	6:18	15	1:17:31	77	1:44:05