



11. Kristall-Marathon

Merkers / 12.02.2017

Detailed evaluation

HINZE, Dirk

Club: yverdon-les-bains

Number: 51

Course: 42.25 km

Marathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 4:41:42

Speed: 8.95 km/h

Running performance: 6:40 min/km

Rank in course/Total: 94 (of 110)

Rank in course/Men: 88 (of 100)

Best time in course: 2:42:44

Rank in category: 23(of 26)

Best time in the category: 3:07:53

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	18:41	5:44	24	5:37	84	7:28	3.25	18:41	5:44	24	5:37	84	7:28
Lap 2	3.25	18:14	5:36	23	4:40	79	6:31	6.50	36:55	5:40	23	10:17	81	13:59
Lap 3	3.25	18:33	5:42	21	4:43	77	6:21	9.75	55:28	5:41	22	15:00	80	20:20
Lap 4	3.25	17:42	5:26	16	3:35	53	5:10	13.00	1:13:10	5:37	20	18:35	73	25:30
Lap 5	3.25	18:18	5:37	21	4:16	67	5:34	16.25	1:31:28	5:37	21	22:51	74	31:04
Lap 6	3.25	18:27	5:40	19	4:21	66	5:41	19.50	1:49:55	5:38	21	27:12	74	36:35
Lap 7	3.25	19:45	6:04	22	5:31	75	7:12	22.75	2:09:40	5:41	21	32:43	74	43:47
Lap 8	3.25	23:01	7:04	23	8:34	92	10:17	26.00	2:32:41	5:52	22	41:17	76	54:04
Lap 9	3.25	24:01	7:23	23	9:33	93	11:13	29.25	2:56:42	6:02	22	50:50	80	1:05:17
Lap 10	3.25	25:34	7:51	24	10:35	95	12:39	32.50	3:22:16	6:13	22	1:01:25	82	1:17:56
Lap 11	3.25	27:43	8:31	25	12:42	95	14:43	35.75	3:49:59	6:25	22	1:14:07	85	1:32:39
Lap 12	3.25	25:56	7:58	24	10:04	90	13:11	39.00	4:15:55	6:33	23	1:24:11	88	1:45:50
Last lap Finish	3.25	25:47	7:56	24	9:38	86	13:08	42.25	4:41:42	6:40	23	1:33:49	88	1:58:58