



11. Kristall-Marathon

Merkers / 12.02.2017

Detailed evaluation

SALA, valerio massimo

Club: cassinis

Number: 114

Course: 42.25 km

Marathon

Category:

Senioren M55 (55-59 Jahre)

Total time: 4:44:01

Speed: 8.87 km/h

Running performance: 6:43 min/km

Rank in course/Total: 98 (of 110)

Rank in course/Men: 91 (of 100)

Best time in course: 2:42:44

Rank in category: 11(of 11)

Best time in the category: 3:39:49

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	18:24	5:39	7	2:31	81	7:11	3.25	18:24	5:39	7	2:31	81	7:11
Lap 2	3.25	18:34	5:42	8	2:58	84	6:51	6.50	36:58	5:41	7	5:29	82	14:02
Lap 3	3.25	19:02	5:51	8	3:10	84	6:50	9.75	56:00	5:44	7	8:39	84	20:52
Lap 4	3.25	19:47	6:05	10	3:49	87	7:15	13.00	1:15:47	5:49	9	12:28	85	28:07
Lap 5	3.25	18:55	5:49	5	2:39	77	6:11	16.25	1:34:42	5:49	6	15:07	82	34:18
Lap 6	3.25	21:13	6:31	11	4:43	95	8:27	19.50	1:55:55	5:56	9	19:50	86	42:35
Lap 7	3.25	23:07	7:06	11	6:42	95	10:34	22.75	2:19:02	6:06	9	26:32	88	53:09
Lap 8	3.25	20:30	6:18	6	3:36	76	7:46	26.00	2:39:32	6:08	8	30:08	85	1:00:55
Lap 9	3.25	23:26	7:12	10	6:30	91	10:38	29.25	3:02:58	6:15	9	36:12	88	1:11:33
Lap 10	3.25	24:36	7:34	11	7:58	91	11:41	32.50	3:27:34	6:23	11	42:53	91	1:23:14
Lap 11	3.25	25:34	7:51	10	8:34	90	12:34	35.75	3:53:08	6:31	11	49:15	90	1:35:48
Lap 12	3.25	25:30	7:50	11	8:10	87	12:45	39.00	4:18:38	6:37	11	54:39	90	1:48:33
Last lap Finish	3.25	25:23	7:48	10	9:33	84	12:44	42.25	4:44:01	6:43	11	1:04:12	91	2:01:17