



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

DUGAS, Jürgen

Club: RV Viktoria Wombach

Number: 343

Course: 22.75 km

Halbmarathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 1:33:22

Speed: 14.14 km/h

Running performance: 4:06 min/km

Rank in course/Total: 5 (of 261)

Rank in course/Men: 5 (of 215)

Best time in course: 1:25:10

Rank in category: 1(of 32)

Best time in the category: 1:33:22

Intermediate times

Stage score

Total ranking

| Control | Split km | Split Time | Split min/km | Pos Cat. | Behind Cat. | Stage score | | Total ranking | | | | | | |
|-----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
| | | | | | | Pos Men | Behind Men | Total km | Total Time | Total min/km | Pos Cat. | Behind Cat. | Pos Men | Behind Men |
| Lap 1 | 3.25 | 12:04 | 3:42 | 1 | - | 5 | 0:46 | 3.25 | 12:04 | 3:42 | 1 | - | 5 | 0:46 |
| Lap 2 | 3.25 | 13:02 | 4:00 | 1 | - | 9 | 1:13 | 6.50 | 25:06 | 3:51 | 1 | - | 7 | 1:45 |
| Lap 3 | 3.25 | 13:15 | 4:04 | 1 | - | 6 | 1:03 | 9.75 | 38:21 | 3:56 | 1 | - | 7 | 2:48 |
| Lap 4 | 3.25 | 13:41 | 4:12 | 1 | - | 11 | 1:15 | 13.00 | 52:02 | 4:00 | 1 | - | 8 | 4:03 |
| Lap 5 | 3.25 | 13:46 | 4:14 | 1 | - | 7 | 1:16 | 16.25 | 1:05:48 | 4:02 | 1 | - | 8 | 5:19 |
| Lap 6 | 3.25 | 13:54 | 4:16 | 1 | - | 7 | 1:26 | 19.50 | 1:19:42 | 4:05 | 1 | - | 7 | 6:45 |
| Last lap Finish | 3.25 | 13:40 | 4:12 | 2 | 0:12 | 9 | 11:34 | 22.75 | 1:33:22 | 4:06 | 1 | - | 7 | 1:31:16 |