



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

GOTTSCHALK, Richard

Club: Peppex Sports

Number: 375

Course: 22.75 km

Halbmarathon

Category:

Senioren M30 (30-34 Jahre)

Total time: 1:34:48

Speed: 14.40 km/h

Running performance: 4:10 min/km

Rank in course/Total: 8 (of 261)

Rank in course/Men: 8 (of 215)

Best time in course: 1:25:10

Rank in category: 3(of 19)

Best time in the category: 1:25:10

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	11:43	3:36	2	0:25	3	0:25	3.25	11:43	3:36	2	0:25	3	0:25
Lap 2	3.25	12:54	3:58	3	1:05	7	1:05	6.50	24:37	3:47	3	1:16	4	1:16
Lap 3	3.25	13:13	4:03	2	1:01	5	1:01	9.75	37:50	3:52	2	2:17	3	2:17
Lap 4	3.25	13:33	4:10	3	1:07	8	1:07	13.00	51:23	3:57	2	3:24	4	3:24
Lap 5	3.25	14:11	4:21	5	1:41	14	1:41	16.25	1:05:34	4:02	3	5:05	6	5:05
Lap 6	3.25	14:33	4:28	5	2:05	16	2:05	19.50	1:20:07	4:06	3	7:10	8	7:10
Last lap Finish	3.25	14:41	4:31	6	2:28	22	12:35	22.75	1:34:48	4:10	3	9:38	10	1:32:42