



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

NELKE, Matthias

Club: DJK Teutonia Gaustadt

Number: 461

Course: 22.75 km

Halbmarathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:39:17

Speed: 13.30 km/h

Running performance: 4:22 min/km

Rank in course/Total: 18 (of 261)

Rank in course/Men: 18 (of 215)

Best time in course: 1:25:10

Rank in category: 1(of 34)

Best time in the category: 1:39:17

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	12:51	3:57	1	-	15	1:33	3.25	12:51	3:57	1	-	15	1:33	
Lap 2	3.25	14:09	4:21	1	-	27	2:20	6.50	27:00	4:09	1	-	19	3:39	
Lap 3	3.25	14:23	4:25	1	-	21	2:11	9.75	41:23	4:14	1	-	19	5:50	
Lap 4	3.25	14:29	4:27	2	0:54	26	2:03	13.00	55:52	4:17	1	-	19	7:53	
Lap 5	3.25	14:31	4:28	2	1:23	23	2:01	16.25	1:10:23	4:19	1	-	20	9:54	
Lap 6	3.25	14:38	4:30	2	0:50	18	2:10	19.50	1:25:01	4:21	1	-	19	12:04	
Last lap Finish	3.25	14:16	4:23	2	0:41	14	12:10	22.75	1:39:17	4:21	2	7:38	20	1:37:11	