



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

BERG, Roman

Club: LG Ettingshausen/Laubach

Number: 316

Course: 22.75 km

Halbmarathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:40:39

Speed: 13.11 km/h

Running performance: 4:25 min/km

Rank in course/Total: 20 (of 261)

Rank in course/Men: 20 (of 215)

Best time in course: 1:25:10

Rank in category: 2(of 34)

Best time in the category: 1:39:17

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	15:35	4:47	10	2:44	76	4:17	3.25	15:35	4:47	10	2:44	76	4:17
Lap 2	3.25	16:35	5:06	11	2:26	89	4:46	6.50	32:10	4:56	10	5:10	80	8:49
Lap 3	3.25	14:23	4:25	1	-	21	2:11	9.75	46:33	4:46	8	5:10	61	11:00
Lap 4	3.25	13:35	4:10	1	-	10	1:09	13.00	1:00:08	4:37	7	4:16	45	12:09
Lap 5	3.25	13:08	4:02	1	-	2	0:38	16.25	1:13:16	4:30	2	2:53	30	12:47
Lap 6	3.25	13:48	4:14	1	-	4	1:20	19.50	1:27:04	4:27	2	2:03	25	14:07
Last lap Finish	3.25	13:35	4:10	1	-	7	11:29	22.75	1:40:39	4:25	3	9:00	22	1:38:33