



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

GRAMM, Sascha

Club: Team ERDINGER Alkoholfrei

Number: 376

Course: 22.75 km

Halbmarathon

Category:

Senioren M35 (35-39 Jahre)

Total time: 1:42:29

Speed: 13.32 km/h

Running performance: 4:30 min/km

Rank in course/Total: 28 (of 261)

Rank in course/Men: 28 (of 215)

Best time in course: 1:25:10

Rank in category: 8(of 35)

Best time in the category: 1:31:26

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	13:18	4:05	10	1:42	23	2:00	3.25	13:18	4:05	10	1:42	23	2:00	
Lap 2	3.25	13:58	4:17	7	1:19	20	2:09	6.50	27:16	4:11	10	2:52	24	3:55	
Lap 3	3.25	14:25	4:26	7	1:25	24	2:13	9.75	41:41	4:16	8	4:02	23	6:08	
Lap 4	3.25	14:40	4:30	8	1:39	28	2:14	13.00	56:21	4:20	8	5:12	23	8:22	
Lap 5	3.25	15:18	4:42	10	2:00	38	2:48	16.25	1:11:39	4:24	8	7:07	24	11:10	
Lap 6	3.25	15:29	4:45	12	1:47	39	3:01	19.50	1:27:08	4:28	8	8:54	27	14:11	
Last lap Finish	3.25	15:21	4:43	11	2:17	39	13:15	22.75	1:42:29	4:30	8	11:03	30	1:40:23	