



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

LANGE, Thomas

Club: LT Freigericht

Number: 425

Course: 22.75 km

Halbmarathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 1:49:23

Speed: 12.07 km/h

Running performance: 4:49 min/km

Rank in course/Total: 53 (of 261)

Rank in course/Men: 51 (of 215)

Best time in course: 1:25:10

Rank in category: 5(of 32)

Best time in the category: 1:33:22

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	14:15	4:23	4	2:11	36	2:57	3.25	14:15	4:23	4	2:11	36	2:57	
Lap 2	3.25	14:29	4:27	5	1:27	32	2:40	6.50	28:44	4:25	5	3:38	33	5:23	
Lap 3	3.25	15:00	4:36	5	1:45	40	2:48	9.75	43:44	4:29	5	5:23	34	8:11	
Lap 4	3.25	15:37	4:48	5	1:56	47	3:11	13.00	59:21	4:33	5	7:19	38	11:22	
Lap 5	3.25	16:04	4:56	6	2:18	53	3:34	16.25	1:15:25	4:38	5	9:37	43	14:56	
Lap 6	3.25	16:41	5:08	6	2:47	62	4:13	19.50	1:32:06	4:43	5	12:24	47	19:09	
Last lap Finish	3.25	17:17	5:19	9	3:49	73	15:11	22.75	1:49:23	4:48	5	16:01	53	1:47:17	