



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

GRIEMERT, Arndt

Club: -

Number: 651

Course: 22.75 km

Halbmarathon

Category:

Senioren M30 (30-34 Jahre)

Total time: 1:54:40

Speed: 11.90 km/h

Running performance: 5:02 min/km

Rank in course/Total: 71 (of 261)

Rank in course/Men: 66 (of 215)

Best time in course: 1:25:10

Rank in category: 10(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	17:05	5:15	17	5:47	118	5:47	3.25	17:05	5:15	17	5:47	118	5:47
Lap 2	3.25	15:14	4:41	10	3:25	54	3:25	6.50	32:19	4:58	14	8:58	84	8:58
Lap 3	3.25	15:19	4:42	9	3:07	47	3:07	9.75	47:38	4:53	10	12:05	68	12:05
Lap 4	3.25	15:39	4:48	9	3:13	49	3:13	13.00	1:03:17	4:52	10	15:18	63	15:18
Lap 5	3.25	16:16	5:00	10	3:46	60	3:46	16.25	1:19:33	4:53	10	19:04	62	19:04
Lap 6	3.25	17:21	5:20	13	4:53	73	4:53	19.50	1:36:54	4:58	10	23:57	63	23:57
Last lap Finish	3.25	17:46	5:28	13	5:33	82	15:40	22.75	1:54:40	5:02	10	29:30	68	1:52:34