



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

KOCH, Christian

Club: TV Gladenbach

Number: 413

Course: 22.75 km

Halbmarathon

Category:

Senioren M35 (35-39 Jahre)

Total time: 1:59:34

Speed: 11.04 km/h

Running performance: 5:16 min/km

Rank in course/Total: 82 (of 261)

Rank in course/Men: 77 (of 215)

Best time in course: 1:25:10

Rank in category: 20(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	15:40	4:49	21	4:04	79	4:22	3.25	15:40	4:49	21	4:04	79	4:22
Lap 2	3.25	15:27	4:45	20	2:48	62	3:38	6.50	31:07	4:47	20	6:43	66	7:46
Lap 3	3.25	16:47	5:09	19	3:47	79	4:35	9.75	47:54	4:54	19	10:15	71	12:21
Lap 4	3.25	17:12	5:17	19	4:11	80	4:46	13.00	1:05:06	5:00	19	13:57	74	17:07
Lap 5	3.25	17:43	5:27	19	4:25	85	5:13	16.25	1:22:49	5:05	19	18:17	74	22:20
Lap 6	3.25	18:39	5:44	20	4:57	94	6:11	19.50	1:41:28	5:12	20	23:14	78	28:31
Last lap Finish	3.25	18:06	5:34	20	5:02	88	16:00	22.75	1:59:34	5:15	20	28:08	79	1:57:28