



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

PREIßING, Jens

Club: -

Number: 473

Course: 22.75 km

Halbmarathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 2:00:47

Speed: 11.30 km/h

Running performance: 5:19 min/km

Rank in course/Total: 89 (of 261)

Rank in course/Men: 83 (of 215)

Best time in course: 1:25:10

Rank in category: 9(of 34)

Best time in the category: 1:39:17

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	16:45	5:09	19	3:54	109	5:27	3.25	16:45	5:09	19	3:54	109	5:27
Lap 2	3.25	16:34	5:05	10	2:25	88	4:45	6.50	33:19	5:07	13	6:19	100	9:58
Lap 3	3.25	17:10	5:16	10	2:47	94	4:58	9.75	50:29	5:10	13	9:06	94	14:56
Lap 4	3.25	17:39	5:25	11	4:04	94	5:13	13.00	1:08:08	5:14	12	12:16	93	20:09
Lap 5	3.25	17:31	5:23	9	4:23	78	5:01	16.25	1:25:39	5:16	10	15:16	87	25:10
Lap 6	3.25	17:36	5:24	9	3:48	75	5:08	19.50	1:43:15	5:17	9	18:14	86	30:18
Last lap Finish	3.25	17:32	5:23	9	3:57	78	15:26	22.75	2:00:47	5:18	10	29:08	85	1:58:41