



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

FLÜGEL, Marcus

Club: Milseburg Runners

Number: 360

Course: 22.75 km

Halbmarathon

Category:

Senioren M35 (35-39 Jahre)

Total time: 2:04:34

Speed: 10.60 km/h

Running performance: 5:29 min/km

Rank in course/Total: 104 (of 261)

Rank in course/Men: 94 (of 215)

Best time in course: 1:25:10

Rank in category: 22(of 35)

Best time in the category: 1:31:26

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	16:19	5:01	24	4:43	93	5:01	3.25	16:19	5:01	24	4:43	93	5:01
Lap 2	3.25	17:36	5:24	25	4:57	121	5:47	6.50	33:55	5:13	25	9:31	102	10:34
Lap 3	3.25	17:30	5:23	23	4:30	103	5:18	9.75	51:25	5:16	24	13:46	102	15:52
Lap 4	3.25	17:38	5:25	20	4:37	93	5:12	13.00	1:09:03	5:18	23	17:54	98	21:04
Lap 5	3.25	18:21	5:38	21	5:03	96	5:51	16.25	1:27:24	5:22	22	22:52	96	26:55
Lap 6	3.25	18:48	5:47	21	5:06	98	6:20	19.50	1:46:12	5:26	22	27:58	95	33:15
Last lap Finish	3.25	18:22	5:39	21	5:18	93	16:16	22.75	2:04:34	5:28	22	33:08	96	2:02:28