



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

SCHERHAG, Sascha

Club: LGO Bochum

Number: 490

Course: 22.75 km

Halbmarathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 2:04:45

Speed: 10.58 km/h

Running performance: 5:29 min/km

Rank in course/Total: 105 (of 261)

Rank in course/Men: 95 (of 215)

Best time in course: 1:25:10

Rank in category: 10(of 32)

Best time in the category: 1:33:22

Intermediate times

Stage score

Total ranking

Control	Split			Pos		Behind		Total			Pos		Behind	
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Lap 1	3.25	16:25	5:03	12	4:21	97	5:07	3.25	16:25	5:03	12	4:21	97	5:07
Lap 2	3.25	17:30	5:23	12	4:28	113	5:41	6.50	33:55	5:13	12	8:49	102	10:34
Lap 3	3.25	17:55	5:30	13	4:40	113	5:43	9.75	51:50	5:18	12	13:29	106	16:17
Lap 4	3.25	18:06	5:34	13	4:25	103	5:40	13.00	1:09:56	5:22	11	17:54	106	21:57
Lap 5	3.25	18:15	5:36	13	4:29	92	5:45	16.25	1:28:11	5:25	10	22:23	100	27:42
Lap 6	3.25	18:13	5:36	11	4:19	88	5:45	19.50	1:46:24	5:27	10	26:42	97	33:27
Last lap Finish	3.25	18:21	5:38	13	4:53	92	16:15	22.75	2:04:45	5:29	10	31:23	97	2:02:39