



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

ZIMON, Lukas

Club: Die Eifelläufer

Number: 572

Course: 22.75 km

Halbmarathon

Category:

Senioren M30 (30-34 Jahre)

Total time: 2:04:47

Speed: 10.58 km/h

Running performance: 5:29 min/km

Rank in course/Total: 106 (of 261)

Rank in course/Men: 96 (of 215)

Best time in course: 1:25:10

Rank in category: 14(of 19)

Best time in the category: 1:25:10

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Lap 1	3.25	16:57	5:12	16	5:39	113	5:39	3.25	16:57	5:12	16	5:39	113	5:39
Lap 2	3.25	17:59	5:31	17	6:10	134	6:10	6.50	34:56	5:22	17	11:35	122	11:35
Lap 3	3.25	18:06	5:34	17	5:54	117	5:54	9.75	53:02	5:26	17	17:29	119	17:29
Lap 4	3.25	18:42	5:45	16	6:16	122	6:16	13.00	1:11:44	5:31	17	23:45	119	23:45
Lap 5	3.25	17:51	5:29	14	5:21	87	5:21	16.25	1:29:35	5:30	17	29:06	109	29:06
Lap 6	3.25	18:06	5:34	14	5:38	86	5:38	19.50	1:47:41	5:31	15	34:44	100	34:44
Last lap Finish	3.25	17:06	5:15	12	4:53	70	15:00	22.75	2:04:47	5:29	14	39:37	98	2:02:41