



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

LOTZ, Dirk

Club: Lokomotive Larry

Number: 436

Course: 22.75 km

Halbmarathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 2:06:19

Speed: 10.45 km/h

Running performance: 5:33 min/km

Rank in course/Total: 110 (of 261)

Rank in course/Men: 98 (of 215)

Best time in course: 1:25:10

Rank in category: 11(of 32)

Best time in the category: 1:33:22

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	19:40	6:03	22	7:36	168	8:22	3.25	19:40	6:03	22	7:36	168	8:22
Lap 2	3.25	17:44	5:27	17	4:42	127	5:55	6.50	37:24	5:45	20	12:18	155	14:03
Lap 3	3.25	17:30	5:23	11	4:15	103	5:18	9.75	54:54	5:37	18	16:33	140	19:21
Lap 4	3.25	17:37	5:25	12	3:56	92	5:11	13.00	1:12:31	5:34	16	20:29	123	24:32
Lap 5	3.25	17:38	5:25	12	3:52	84	5:08	16.25	1:30:09	5:32	13	24:21	114	29:40
Lap 6	3.25	18:01	5:32	10	4:07	84	5:33	19.50	1:48:10	5:32	11	28:28	104	35:13
Last lap Finish	3.25	18:09	5:35	12	4:41	89	16:03	22.75	2:06:19	5:33	11	32:57	100	2:04:13