



# 12. Kristall-Marathon

Merkers / 18.02.2018

## Detailed evaluation

**GEENEN, Volker**

Club: -

Number: 368

Course: 22.75 km

Halbmarathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 2:06:22

Speed: 10.45 km/h

Running performance: 5:33 min/km

Rank in course/Total: 111 (of 261)

Rank in course/Men: 99 (of 215)

Best time in course: 1:25:10

Rank in category: 13(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	15:13	4:40	8	2:22	65	3:55	3.25	15:13	4:40	8	2:22	65	3:55
Lap 2	3.25	16:11	4:58	8	2:02	76	4:22	6.50	31:24	4:49	8	4:24	70	8:03
Lap 3	3.25	17:12	5:17	11	2:49	95	5:00	9.75	48:36	4:59	9	7:13	78	13:03
Lap 4	3.25	18:05	5:33	13	4:30	101	5:39	13.00	1:06:41	5:07	9	10:49	81	18:42
Lap 5	3.25	19:32	6:00	20	6:24	128	7:02	16.25	1:26:13	5:18	12	15:50	92	25:44
Lap 6	3.25	21:05	6:29	24	7:17	154	8:37	19.50	1:47:18	5:30	13	22:17	98	34:21
Last lap Finish	3.25	19:04	5:51	15	5:29	103	16:58	22.75	2:06:22	5:33	14	34:43	101	2:04:16