



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

RÖSLER, Mario

Club: Roter Stern Pfafferoode

Number: 481

Course: 22.75 km

Halbmarathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 2:06:26

Speed: 10.80 km/h

Running performance: 5:34 min/km

Rank in course/Total: 113 (of 261)

Rank in course/Men: 100 (of 215)

Best time in course: 1:25:10

Rank in category: 14(of 34)

Best time in the category: 1:39:17

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	16:58	5:13	20	4:07	114	5:40	3.25	16:58	5:13	20	4:07	114	5:40	
Lap 2	3.25	17:32	5:23	16	3:23	118	5:43	6.50	34:30	5:18	15	7:30	114	11:09	
Lap 3	3.25	18:10	5:35	18	3:47	120	5:58	9.75	52:40	5:24	16	11:17	115	17:07	
Lap 4	3.25	18:27	5:40	15	4:52	115	6:01	13.00	1:11:07	5:28	15	15:15	112	23:08	
Lap 5	3.25	18:54	5:48	15	5:46	112	6:24	16.25	1:30:01	5:32	15	19:38	111	29:32	
Lap 6	3.25	18:29	5:41	11	4:41	90	6:01	19.50	1:48:30	5:33	15	23:29	107	35:33	
Last lap Finish	3.25	17:56	5:31	11	4:21	83	15:50	22.75	2:06:26	5:33	15	34:47	102	2:04:20	