



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

WELNITZ, Oliver

Club: LC BlueLiner

Number: 552

Course: 22.75 km

Halbmarathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 2:06:52

Speed: 10.40 km/h

Running performance: 5:35 min/km

Rank in course/Total: 115 (of 261)

Rank in course/Men: 102 (of 215)

Best time in course: 1:25:10

Rank in category: 15(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	16:38	5:07	16	3:47	105	5:20	3.25	16:38	5:07	16	3:47	105	5:20
Lap 2	3.25	18:02	5:32	21	3:53	136	6:13	6.50	34:40	5:19	16	7:40	117	11:19
Lap 3	3.25	17:51	5:29	15	3:28	112	5:39	9.75	52:31	5:23	14	11:08	113	16:58
Lap 4	3.25	18:16	5:37	14	4:41	110	5:50	13.00	1:10:47	5:26	14	14:55	110	22:48
Lap 5	3.25	18:42	5:45	14	5:34	105	6:12	16.25	1:29:29	5:30	14	19:06	108	29:00
Lap 6	3.25	18:59	5:50	14	5:11	100	6:31	19.50	1:48:28	5:33	14	23:27	106	35:31
Last lap Finish	3.25	18:24	5:39	12	4:49	94	16:18	22.75	2:06:52	5:34	16	35:13	104	2:04:46