



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

LANGE, Jochen

Club: Lokomotive Larry

Number: 424

Course: 22.75 km

Halbmarathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 2:10:27

Speed: 10.12 km/h

Running performance: 5:44 min/km

Rank in course/Total: 133 (of 261)

Rank in course/Men: 119 (of 215)

Best time in course: 1:25:10

Rank in category: 16(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	19:55	6:07	30	7:04	175	8:37	3.25	19:55	6:07	30	7:04	175	8:37
Lap 2	3.25	17:41	5:26	19	3:32	125	5:52	6.50	37:36	5:47	27	10:36	156	14:15
Lap 3	3.25	17:22	5:20	12	2:59	99	5:10	9.75	54:58	5:38	23	13:35	141	19:25
Lap 4	3.25	17:52	5:29	12	4:17	97	5:26	13.00	1:12:50	5:36	20	16:58	126	24:51
Lap 5	3.25	18:40	5:44	13	5:32	104	6:10	16.25	1:31:30	5:37	17	21:07	121	31:01
Lap 6	3.25	19:27	5:59	17	5:39	114	6:59	19.50	1:50:57	5:41	16	25:56	120	38:00
Last lap Finish	3.25	19:30	6:00	17	5:55	116	17:24	22.75	2:10:27	5:44	17	38:48	121	2:08:21