



# 12. Kristall-Marathon

Merkers / 18.02.2018

## Detailed evaluation

**BENECKE, Ralf**

Club: LAufstall

Number: 314

Course: 22.75 km

Halbmarathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 2:10:49

Speed: 10.09 km/h

Running performance: 5:45 min/km

Rank in course/Total: 136 (of 261)

Rank in course/Men: 121 (of 215)

Best time in course: 1:25:10

Rank in category: 18(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	16:40	5:07	18	3:49	107	5:22	3.25	16:40	5:07	18	3:49	107	5:22	
Lap 2	3.25	18:26	5:40	24	4:17	146	6:37	6.50	35:06	5:24	18	8:06	126	11:45	
Lap 3	3.25	18:23	5:39	19	4:00	126	6:11	9.75	53:29	5:29	19	12:06	123	17:56	
Lap 4	3.25	18:40	5:44	19	5:05	121	6:14	13.00	1:12:09	5:33	18	16:17	120	24:10	
Lap 5	3.25	19:29	5:59	18	6:21	125	6:59	16.25	1:31:38	5:38	18	21:15	123	31:09	
Lap 6	3.25	19:33	6:00	18	5:45	116	7:05	19.50	1:51:11	5:42	17	26:10	121	38:14	
Last lap Finish	3.25	19:38	6:02	19	6:03	121	17:32	22.75	2:10:49	5:45	19	39:10	123	2:08:43	