



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 | |