



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

ESSIG, Alexander

Club: Das Hammer-Team

Number: 352

Course: 22.75 km

Halbmarathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 2:12:30

Speed: 9.96 km/h

Running performance: 5:49 min/km

Rank in course/Total: 141 (of 261)

Rank in course/Men: 125 (of 215)

Best time in course: 1:25:10

Rank in category: 20(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	17:15	5:18	21	4:24	124	5:57	3.25	17:15	5:18	21	4:24	124	5:57	
Lap 2	3.25	17:31	5:23	15	3:22	116	5:42	6.50	34:46	5:20	17	7:46	118	11:25	
Lap 3	3.25	17:59	5:31	16	3:36	115	5:47	9.75	52:45	5:24	17	11:22	117	17:12	
Lap 4	3.25	18:47	5:46	20	5:12	124	6:21	13.00	1:11:32	5:30	16	15:40	114	23:33	
Lap 5	3.25	19:29	5:59	18	6:21	125	6:59	16.25	1:31:01	5:36	16	20:38	118	30:32	
Lap 6	3.25	20:33	6:19	23	6:45	141	8:05	19.50	1:51:34	5:43	19	26:33	124	38:37	
Last lap Finish	3.25	20:56	6:26	23	7:21	143	18:50	22.75	2:12:30	5:49	21	40:51	127	2:10:24	