



# 12. Kristall-Marathon

Merkers / 18.02.2018

## Detailed evaluation

**DUKECK, Ralf**

Club: SV Birkenhard

Number: 344

Course: 22.75 km

Halbmarathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 2:15:05

Speed: 9.77 km/h

Running performance: 5:56 min/km

Rank in course/Total: 150 (of 261)

Rank in course/Men: 135 (of 215)

Best time in course: 1:25:10

Rank in category: 21(of 32)

Best time in the category: 1:33:22

### Intermediate times

### Stage score

### Total ranking

Control	Split		Pos	Behind	Stage score		Pos	Behind	Total		Pos	Behind	Total ranking	
	km	Time			min/km	Cat.			Men	Men			km	Time
Lap 1	3.25	17:03	5:14	14	4:59	116	5:45	3.25	17:03	5:14	14	4:59	116	5:45
Lap 2	3.25	17:30	5:23	12	4:28	113	5:41	6.50	34:33	5:18	14	9:27	116	11:12
Lap 3	3.25	19:01	5:51	21	5:46	146	6:49	9.75	53:34	5:29	16	15:13	124	18:01
Lap 4	3.25	20:06	6:11	22	6:25	156	7:40	13.00	1:13:40	5:40	17	21:38	133	25:41
Lap 5	3.25	19:59	6:08	20	6:13	142	7:29	16.25	1:33:39	5:45	18	27:51	135	33:10
Lap 6	3.25	20:16	6:14	19	6:22	133	7:48	19.50	1:53:55	5:50	20	34:13	136	40:58
Last lap Finish	3.25	21:10	6:30	22	7:42	149	19:04	22.75	2:15:05	5:56	21	41:43	137	2:12:59