



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

PROST, Udo

Club: Team Knallgas

Number: 475

Course: 22.75 km

Halbmarathon

Category:

Senioren M50 (50-54 Jahre)

Total time: 2:15:38

Speed: 10.06 km/h

Running performance: 5:58 min/km

Rank in course/Total: 152 (of 261)

Rank in course/Men: 137 (of 215)

Best time in course: 1:25:10

Rank in category: 27(of 42)

Best time in the category: 1:35:41

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Lap 1	3.25	18:09	5:35	29	5:37	148	6:51	3.25	18:09	5:35	29	5:37	148	6:51
Lap 2	3.25	18:55	5:49	30	5:44	156	7:06	6.50	37:04	5:42	29	11:21	152	13:43
Lap 3	3.25	19:11	5:54	28	5:36	150	6:59	9.75	56:15	5:46	28	16:57	149	20:42
Lap 4	3.25	19:33	6:00	27	5:24	142	7:07	13.00	1:15:48	5:49	27	22:21	151	27:49
Lap 5	3.25	19:46	6:04	27	5:22	134	7:16	16.25	1:35:34	5:52	27	27:28	145	35:05
Lap 6	3.25	20:32	6:19	26	6:41	139	8:04	19.50	1:56:06	5:57	27	34:09	142	43:09
Last lap Finish	3.25	19:32	6:00	22	5:48	119	17:26	22.75	2:15:38	5:57	27	39:57	139	2:13:32