



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

LUDWIG, Uwe

Club: Team Bittel

Number: 437

Course: 22.75 km

Halbmarathon

Category:

Senioren M55 (55-59 Jahre)

Total time: 2:16:13

Speed: 9.69 km/h

Running performance: 5:59 min/km

Rank in course/Total: 156 (of 261)

Rank in course/Men: 141 (of 215)

Best time in course: 1:25:10

Rank in category: 11(of 20)

Best time in the category: 1:47:11

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	17:12	5:17	8	2:27	121	5:54	3.25	17:12	5:17	8	2:27	121	5:54	
Lap 2	3.25	17:54	5:30	10	2:51	131	6:05	6.50	35:06	5:24	9	5:18	126	11:45	
Lap 3	3.25	18:22	5:39	9	3:06	125	6:10	9.75	53:28	5:29	9	8:24	122	17:55	
Lap 4	3.25	19:08	5:53	11	3:52	133	6:42	13.00	1:12:36	5:35	9	12:16	125	24:37	
Lap 5	3.25	20:28	6:17	13	4:58	152	7:58	16.25	1:33:04	5:43	10	17:14	132	32:35	
Lap 6	3.25	21:43	6:40	14	5:58	160	9:15	19.50	1:54:47	5:53	11	23:12	138	41:50	
Last lap Finish	3.25	21:26	6:35	14	5:50	156	19:20	22.75	2:16:13	5:59	11	29:02	143	2:14:07	