



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

ROGALEWSKI, Andreas

Club: -

Number: 768

Course: 22.75 km

Halbmarathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 2:19:38

Speed: 9.45 km/h

Running performance: 6:08 min/km

Rank in course/Total: 173 (of 261)

Rank in course/Men: 153 (of 215)

Best time in course: 1:25:10

Rank in category: 22(of 32)

Best time in the category: 1:33:22

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	18:24	5:39	21	6:20	156	7:06	3.25	18:24	5:39	21	6:20	156	7:06	
Lap 2	3.25	18:35	5:43	19	5:33	149	6:46	6.50	36:59	5:41	19	11:53	149	13:38	
Lap 3	3.25	19:16	5:55	22	6:01	155	7:04	9.75	56:15	5:46	19	17:54	149	20:42	
Lap 4	3.25	20:08	6:11	23	6:27	157	7:42	13.00	1:16:23	5:52	21	24:21	154	28:24	
Lap 5	3.25	20:27	6:17	23	6:41	151	7:57	16.25	1:36:50	5:57	22	31:02	152	36:21	
Lap 6	3.25	21:42	6:40	24	7:48	158	9:14	19.50	1:58:32	6:04	23	38:50	156	45:35	
Last lap Finish	3.25	21:06	6:29	20	7:38	146	19:00	22.75	2:19:38	6:08	22	46:16	155	2:17:32	