



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

KLENOVSKY-GRUND, Manfred

Club: -

Number: 411

Course: 22.75 km

Halbmarathon

Category:

Senioren M55 (55-59 Jahre)

Total time: 2:20:17

Speed: 9.73 km/h

Running performance: 6:10 min/km

Rank in course/Total: 176 (of 261)

Rank in course/Men: 157 (of 215)

Best time in course: 1:25:10

Rank in category: 15(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	16:47	5:09	6	2:02	110	5:29	3.25	16:47	5:09	6	2:02	110	5:29
Lap 2	3.25	18:06	5:34	11	3:03	138	6:17	6.50	34:53	5:21	8	5:05	121	11:32
Lap 3	3.25	19:08	5:53	12	3:52	149	6:56	9.75	54:01	5:32	10	8:57	126	18:28
Lap 4	3.25	20:11	6:12	15	4:55	158	7:45	13.00	1:14:12	5:42	12	13:52	140	26:13
Lap 5	3.25	20:57	6:26	14	5:27	160	8:27	16.25	1:35:09	5:51	12	19:19	141	34:40
Lap 6	3.25	21:53	6:44	15	6:08	162	9:25	19.50	1:57:02	6:00	13	25:27	148	44:05
Last lap Finish	3.25	23:15	7:09	16	7:39	175	21:09	22.75	2:20:17	6:09	15	33:06	159	2:18:11