



# 12. Kristall-Marathon

Merkers / 18.02.2018

## Detailed evaluation

**LAUER, Udo**

Club: Post SV Leipzig

Number: 426

Course: 22.75 km

Halbmarathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 2:20:44

Speed: 9.70 km/h

Running performance: 6:11 min/km

Rank in course/Total: 177 (of 261)

Rank in course/Men: 158 (of 215)

Best time in course: 1:25:10

Rank in category: 25(of 34)

Best time in the category: 1:39:17

### Intermediate times

### Stage score

### Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking							
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Lap 1	3.25	17:48	5:28	23	4:57	139	6:30	3.25	17:48	5:28	23	4:57	139	6:30	
Lap 2	3.25	18:05	5:33	22	3:56	137	6:16	6.50	35:53	5:31	23	8:53	137	12:32	
Lap 3	3.25	19:26	5:58	27	5:03	159	7:14	9.75	55:19	5:40	24	13:56	142	19:46	
Lap 4	3.25	20:17	6:14	27	6:42	160	7:51	13.00	1:15:36	5:48	24	19:44	147	27:37	
Lap 5	3.25	21:02	6:28	27	7:54	162	8:32	16.25	1:36:38	5:56	25	26:15	151	36:09	
Lap 6	3.25	22:05	6:47	26	8:17	164	9:37	19.50	1:58:43	6:05	25	33:42	157	45:46	
Last lap Finish	3.25	22:01	6:46	27	8:26	165	19:55	22.75	2:20:44	6:11	26	49:05	160	2:18:38	