



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

WALDAU, Volker

Club: -

Number: 543

Course: 22.75 km

Halbmarathon

Category:

Senioren M50 (50-54 Jahre)

Total time: 2:26:56

Speed: 9.29 km/h

Running performance: 6:28 min/km

Rank in course/Total: 191 (of 261)

Rank in course/Men: 168 (of 215)

Best time in course: 1:25:10

Rank in category: 33(of 42)

Best time in the category: 1:35:41

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	16:33	5:05	21	4:01	102	5:15	3.25	16:33	5:05	21	4:01	102	5:15
Lap 2	3.25	18:13	5:36	28	5:02	143	6:24	6.50	34:46	5:20	25	9:03	118	11:25
Lap 3	3.25	19:26	5:58	29	5:51	159	7:14	9.75	54:12	5:33	25	14:54	128	18:39
Lap 4	3.25	21:46	6:41	34	7:37	179	9:20	13.00	1:15:58	5:50	28	22:31	153	27:59
Lap 5	3.25	22:19	6:51	32	7:55	174	9:49	16.25	1:38:17	6:02	29	30:11	161	37:48
Lap 6	3.25	24:05	7:24	37	10:14	186	11:37	19.50	2:02:22	6:16	30	40:25	166	49:25
Last lap Finish	3.25	24:34	7:33	38	10:50	185	22:28	22.75	2:26:56	6:27	33	51:15	170	2:24:50