



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

MÜHLENKAMP, Ole

Club: -

Number: 454

Course: 22.75 km

Halbmarathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 2:29:14

Speed: 8.85 km/h

Running performance: 6:34 min/km

Rank in course/Total: 198 (of 261)

Rank in course/Men: 173 (of 215)

Best time in course: 1:25:10

Rank in category: 29(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		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Lap 1	3.25	21:48	6:42	34	8:57	207	10:30	3.25	21:48	6:42	34	8:57	207	10:30
Lap 2	3.25	19:45	6:04	28	5:36	167	7:56	6.50	41:33	6:23	32	14:33	191	18:12
Lap 3	3.25	18:29	5:41	20	4:06	130	6:17	9.75	1:00:02	6:09	29	18:39	172	24:29
Lap 4	3.25	19:52	6:06	26	6:17	155	7:26	13.00	1:19:54	6:08	29	24:02	170	31:55
Lap 5	3.25	22:10	6:49	30	9:02	172	9:40	16.25	1:42:04	6:16	29	31:41	169	41:35
Lap 6	3.25	23:14	7:08	28	9:26	176	10:46	19.50	2:05:18	6:25	29	40:17	170	52:21
Last lap Finish	3.25	23:56	7:21	29	10:21	180	21:50	22.75	2:29:14	6:33	30	57:35	175	2:27:08