



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

MÜLLER, Manfred

Club: S-I-G Bremen

Number: 458

Course: 22.75 km

Halbmarathon

Category:

Senioren M55 (55-59 Jahre)

Total time: 2:28:51

Speed: 9.17 km/h

Running performance: 6:32 min/km

Rank in course/Total: 197 (of 261)

Rank in course/Men: 172 (of 215)

Best time in course: 1:25:10

Rank in category: 16(of 20)

Best time in the category: 1:47:11

Intermediate times

Stage score

Total ranking

Control	Split			Pos		Behind		Total			Pos		Behind	
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Lap 1	3.25	20:09	6:11	16	5:24	181	8:51	3.25	20:09	6:11	16	5:24	181	8:51
Lap 2	3.25	20:52	6:25	16	5:49	188	9:03	6.50	41:01	6:18	16	11:13	185	17:40
Lap 3	3.25	21:11	6:31	16	5:55	182	8:59	9.75	1:02:12	6:22	16	17:08	182	26:39
Lap 4	3.25	21:18	6:33	16	6:02	175	8:52	13.00	1:23:30	6:25	16	23:10	182	35:31
Lap 5	3.25	21:25	6:35	16	5:55	166	8:55	16.25	1:44:55	6:27	16	29:05	177	44:26
Lap 6	3.25	21:42	6:40	13	5:57	158	9:14	19.50	2:06:37	6:29	16	35:02	175	53:40
Last lap Finish	3.25	22:14	6:50	15	6:38	167	20:08	22.75	2:28:51	6:32	16	41:40	174	2:26:45