



# 12. Kristall-Marathon

Merkers / 18.02.2018

## Detailed evaluation

**LOHÖLTER, Jens**

Club: BSG Iglo Reken

Number: 435

Course: 22.75 km

Halbmarathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 2:30:54

Speed: 8.75 km/h

Running performance: 6:38 min/km

Rank in course/Total: 201 (of 261)

Rank in course/Men: 174 (of 215)

Best time in course: 1:25:10

Rank in category: 25(of 32)

Best time in the category: 1:33:22

### 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	17:32	5:23	18	5:28	130	6:14	3.25	17:32	5:23	18	5:28	130	6:14
Lap 2	3.25	20:04	6:10	23	7:02	173	8:15	6.50	37:36	5:47	21	12:30	156	14:15
Lap 3	3.25	21:33	6:37	28	8:18	184	9:21	9.75	59:09	6:03	24	20:48	169	23:36
Lap 4	3.25	22:25	6:53	27	8:44	191	9:59	13.00	1:21:34	6:16	25	29:32	175	33:35
Lap 5	3.25	23:05	7:06	28	9:19	189	10:35	16.25	1:44:39	6:26	27	38:51	176	44:10
Lap 6	3.25	23:10	7:07	25	9:16	174	10:42	19.50	2:07:49	6:33	26	48:07	177	54:52
Last lap Finish	3.25	23:05	7:06	25	9:37	174	20:59	22.75	2:30:54	6:37	25	57:32	176	2:28:48