



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

KOHUT, Rafal

Club: Gorzów Wielkopolski

Number: 416

Course: 22.75 km

Halbmarathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 2:32:22

Speed: 8.66 km/h

Running performance: 6:42 min/km

Rank in course/Total: 206 (of 261)

Rank in course/Men: 178 (of 215)

Best time in course: 1:25:10

Rank in category: 30(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	19:08	5:53	28	6:17	163	7:50	3.25	19:08	5:53	28	6:17	163	7:50
Lap 2	3.25	21:43	6:40	33	7:34	199	9:54	6.50	40:51	6:17	31	13:51	184	17:30
Lap 3	3.25	22:14	6:50	33	7:51	194	10:02	9.75	1:03:05	6:28	32	21:42	188	27:32
Lap 4	3.25	22:19	6:51	33	8:44	189	9:53	13.00	1:25:24	6:34	32	29:32	188	37:25
Lap 5	3.25	21:50	6:43	29	8:42	170	9:20	16.25	1:47:14	6:35	31	36:51	184	46:45
Lap 6	3.25	23:38	7:16	29	9:50	180	11:10	19.50	2:10:52	6:42	31	45:51	185	57:55
Last lap Finish	3.25	21:30	6:36	26	7:55	158	19:24	22.75	2:32:22	6:41	31	1:00:43	180	2:30:16