



# 12. Kristall-Marathon

Merkers / 18.02.2018

## Detailed evaluation

**BRAUN, Martin**

Club: TV Friesen Telgte

Number: 322

Course: 22.75 km

Halbmarathon

Category:

Senioren M55 (55-59 Jahre)

Total time: 2:36:44

Speed: 8.71 km/h

Running performance: 6:53 min/km

Rank in course/Total: 217 (of 261)

Rank in course/Men: 187 (of 215)

Best time in course: 1:25:10

Rank in category: 17(of 20)

Best time in the category: 1:47:11

Intermediate times				Stage score				Total ranking						
Control	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	20:26	6:17	17	5:41	189	9:08	3.25	20:26	6:17	17	5:41	189	9:08
Lap 2	3.25	21:48	6:42	18	6:45	200	9:59	6.50	42:14	6:29	17	12:26	196	18:53
Lap 3	3.25	22:34	6:56	19	7:18	197	10:22	9.75	1:04:48	6:38	18	19:44	197	29:15
Lap 4	3.25	22:41	6:58	19	7:25	194	10:15	13.00	1:27:29	6:43	19	27:09	199	39:30
Lap 5	3.25	22:46	7:00	18	7:16	183	10:16	16.25	1:50:15	6:47	18	34:25	191	49:46
Lap 6	3.25	22:58	7:03	17	7:13	172	10:30	19.50	2:13:13	6:49	17	41:38	190	1:00:16
Last lap Finish	3.25	23:31	7:14	17	7:55	177	21:25	22.75	2:36:44	6:53	17	49:33	189	2:34:38