



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

KRÄHMER, Thilo

Club: -

Number: 704

Course: 22.75 km

Halbmarathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 2:14:35

Speed: 10.14 km/h

Running performance: 5:55 min/km

Rank in course/Total: 149 (of 261)

Rank in course/Men: 134 (of 215)

Best time in course: 1:25:10

Rank in category: 21(of 34)

Best time in the category: 1:39:17

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Stage score		Pos	Behind	Total		Pos	Behind	Total ranking	
	km	Time			min/km	Cat.			Men	Men			km	Time
Lap 1	3.25	19:11	5:54	29	6:20	164	7:53	3.25	19:11	5:54	29	6:20	164	7:53
Lap 2	3.25	18:29	5:41	25	4:20	147	6:40	6.50	37:40	5:47	28	10:40	158	14:19
Lap 3	3.25	19:02	5:51	25	4:39	147	6:50	9.75	56:42	5:48	28	15:19	155	21:09
Lap 4	3.25	19:02	5:51	22	5:27	130	6:36	13.00	1:15:44	5:49	25	19:52	150	27:45
Lap 5	3.25	19:54	6:07	24	6:46	140	7:24	16.25	1:35:38	5:53	24	25:15	149	35:09
Lap 6	3.25	18:01	5:32	10	4:13	84	5:33	19.50	1:53:39	5:49	22	28:38	135	40:42
Last lap Finish	3.25	20:56	6:26	23	7:21	143	18:50	22.75	2:14:35	5:54	22	42:56	136	2:12:29