



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

MARCIN, Glowka

Club: INSTAL-TECH TEAM

Number: 444

Course: 22.75 km

Halbmarathon

Category:

Senioren M35 (35-39 Jahre)

Total time: 2:40:14

Speed: 8.24 km/h

Running performance: 7:02 min/km

Rank in course/Total: 223 (of 261)

Rank in course/Men: 191 (of 215)

Best time in course: 1:25:10

Rank in category: 33(of 35)

Best time in the category: 1:31:26

Intermediate times

Stage score

Total ranking

Control	Intermediate times					Stage score				Total ranking				
	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	20:43	6:22	33	9:07	191	9:25	3.25	20:43	6:22	33	9:07	191	9:25
Lap 2	3.25	21:59	6:45	34	9:20	202	10:10	6.50	42:42	6:34	34	18:18	201	19:21
Lap 3	3.25	22:06	6:48	33	9:06	192	9:54	9.75	1:04:48	6:38	33	27:09	197	29:15
Lap 4	3.25	22:35	6:56	32	9:34	193	10:09	13.00	1:27:23	6:43	33	36:14	198	39:24
Lap 5	3.25	23:02	7:05	32	9:44	187	10:32	16.25	1:50:25	6:47	33	45:53	193	49:56
Lap 6	3.25	24:20	7:29	33	10:38	188	11:52	19.50	2:14:45	6:54	33	56:31	193	1:01:48
Last lap Finish	3.25	25:29	7:50	33	12:25	191	23:23	22.75	2:40:14	7:02	33	1:08:48	193	2:38:08