



# 12. Kristall-Marathon

Merkers / 18.02.2018

## Detailed evaluation

**KAPPLER, Thomas**

Club: SG Indersdorf

Number: 408

Course: 22.75 km

Halbmarathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 2:40:37

Speed: 8.50 km/h

Running performance: 7:04 min/km

Rank in course/Total: 224 (of 261)

Rank in course/Men: 192 (of 215)

Best time in course: 1:25:10

Rank in category: 28(of 32)

Best time in the category: 1:33:22

### Intermediate times

### Stage score

### Total ranking

| Control         | Split |       |        | Pos  |       | Behind |       | Total |         |        | Pos  |         | Behind |         |
|-----------------|-------|-------|--------|------|-------|--------|-------|-------|---------|--------|------|---------|--------|---------|
|                 | km    | Time  | min/km | Cat. | Cat.  | Men    | Men   | km    | Time    | min/km | Cat. | Cat.    | Men    | Men     |
| Lap 1           | 3.25  | 20:16 | 6:14   | 24   | 8:12  | 182    | 8:58  | 3.25  | 20:16   | 6:14   | 24   | 8:12    | 182    | 8:58    |
| Lap 2           | 3.25  | 21:19 | 6:33   | 29   | 8:17  | 193    | 9:30  | 6.50  | 41:35   | 6:23   | 29   | 16:29   | 192    | 18:14   |
| Lap 3           | 3.25  | 22:08 | 6:48   | 29   | 8:53  | 193    | 9:56  | 9.75  | 1:03:43 | 6:32   | 29   | 25:22   | 191    | 28:10   |
| Lap 4           | 3.25  | 23:10 | 7:07   | 30   | 9:29  | 198    | 10:44 | 13.00 | 1:26:53 | 6:41   | 29   | 34:51   | 196    | 38:54   |
| Lap 5           | 3.25  | 23:41 | 7:17   | 29   | 9:55  | 193    | 11:11 | 16.25 | 1:50:34 | 6:48   | 28   | 44:46   | 194    | 50:05   |
| Lap 6           | 3.25  | 24:58 | 7:40   | 28   | 11:04 | 196    | 12:30 | 19.50 | 2:15:32 | 6:57   | 28   | 55:50   | 194    | 1:02:35 |
| Last lap Finish | 3.25  | 25:05 | 7:43   | 27   | 11:37 | 189    | 22:59 | 22.75 | 2:40:37 | 7:03   | 28   | 1:07:15 | 194    | 2:38:31 |