



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

WILKENLOH, Rainer

Club: -

Number: 556

Course: 22.75 km

Halbmarathon

Category:

Senioren M50 (50-54 Jahre)

Total time: 2:47:49

Speed: 8.13 km/h

Running performance: 7:23 min/km

Rank in course/Total: 231 (of 261)

Rank in course/Men: 198 (of 215)

Best time in course: 1:25:10

Rank in category: 41(of 42)

Best time in the category: 1:35:41

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	20:57	6:26	42	8:25	204	9:39	3.25	20:57	6:26	42	8:25	204	9:39
Lap 2	3.25	21:49	6:42	42	8:38	201	10:00	6.50	42:46	6:34	42	17:03	202	19:25
Lap 3	3.25	22:44	6:59	39	9:09	198	10:32	9.75	1:05:30	6:43	41	26:12	201	29:57
Lap 4	3.25	23:31	7:14	41	9:22	199	11:05	13.00	1:29:01	6:50	41	35:34	201	41:02
Lap 5	3.25	23:11	7:08	39	8:47	191	10:41	16.25	1:52:12	6:54	41	44:06	195	51:43
Lap 6	3.25	23:31	7:14	36	9:40	179	11:03	19.50	2:15:43	6:57	41	53:46	195	1:02:46
Last lap Finish	3.25	32:06	9:52	41	18:22	208	30:00	22.75	2:47:49	7:22	41	1:12:08	200	2:45:43