



# 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: 7.87 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<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total |         | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Total ranking |               |
|-----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|-------|---------|-----------------|-------------|----------------|---------------|---------------|
|                 |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | km    | Time    |                 |             |                | Pos<br>Men    | Behind<br>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       |