



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

MALZAHN, Kai

Club: RTV Haselgrund e.V.

Number: 722

Course: 42.25 km

Marathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 2:51:32

Speed: 14.69 km/h

Running performance: 4:04 min/km

Rank in course/Total: 2 (of 168)

Rank in course/Men: 2 (of 144)

Best time in course: 2:45:49

Rank in category: 1(of 26)

Best time in the category: 2:51:32

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	12:06	3:43	1	-	2	1:12	3.25	12:06	3:43	1	-	2	1:12
Lap 2	3.25	12:35	3:52	1	-	2	0:48	6.50	24:41	3:47	1	-	2	2:00
Lap 3	3.25	12:47	3:55	1	-	3	0:22	9.75	37:28	3:50	1	-	2	2:22
Lap 4	3.25	12:53	3:57	1	-	2	0:16	13.00	50:21	3:52	1	-	2	2:38
Lap 5	3.25	12:51	3:57	1	-	2	0:31	16.25	1:03:12	3:53	1	-	2	3:09
Lap 6	3.25	12:41	3:54	1	-	2	0:17	19.50	1:15:53	3:53	1	-	2	3:26
Lap 7	3.25	12:49	3:56	1	-	2	0:01	22.75	1:28:42	3:53	1	-	2	3:27
Lap 8	3.25	13:13	4:03	1	-	2	0:24	26.00	1:41:55	3:55	1	-	2	3:51
Lap 9	3.25	13:08	4:02	1	-	1	-	29.25	1:55:03	3:55	1	-	2	3:46
Lap 10	3.25	13:30	4:09	1	-	2	0:40	32.50	2:08:33	3:57	1	-	2	4:26
Lap 11	3.25	14:03	4:19	1	-	2	0:33	35.75	2:22:36	3:59	1	-	2	4:59
Lap 12	3.25	14:23	4:25	2	0:07	4	0:26	39.00	2:36:59	4:01	1	-	2	5:25
Last lap Finish	3.25	14:33	4:28	3	0:21	5	0:41	42.25	2:51:32	4:03	1	-	2	5:43