



# 12. Kristall-Marathon

Merkers / 18.02.2018

## Detailed evaluation

**KRIKLER, Manfred**

Club: Runners Point Ulm

Number: 708

Course: 42.25 km

Marathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 2:56:23

Speed: 14.29 km/h

Running performance: 4:10 min/km

Rank in course/Total: 3 (of 168)

Rank in course/Men: 3 (of 144)

Best time in course: 2:45:49

Rank in category: 1(of 29)

Best time in the category: 2:56:23

Intermediate times				Stage score				Total ranking						
Control	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	12:57	3:59	1	-	6	2:03	3.25	12:57	3:59	1	-	6	2:03
Lap 2	3.25	13:00	4:00	1	-	5	1:13	6.50	25:57	3:59	1	-	6	3:16
Lap 3	3.25	13:06	4:01	1	-	4	0:41	9.75	39:03	4:00	1	-	4	3:57
Lap 4	3.25	13:38	4:11	1	-	4	1:01	13.00	52:41	4:03	1	-	4	4:58
Lap 5	3.25	13:39	4:12	1	-	5	1:19	16.25	1:06:20	4:04	1	-	4	6:17
Lap 6	3.25	13:41	4:12	1	-	4	1:17	19.50	1:20:01	4:06	1	-	4	7:34
Lap 7	3.25	13:26	4:08	1	-	3	0:38	22.75	1:33:27	4:06	1	-	4	8:12
Lap 8	3.25	13:34	4:10	1	-	3	0:45	26.00	1:47:01	4:06	1	-	3	8:57
Lap 9	3.25	13:27	4:08	1	-	3	0:19	29.25	2:00:28	4:07	1	-	3	9:11
Lap 10	3.25	13:38	4:11	1	-	3	0:48	32.50	2:14:06	4:07	1	-	3	9:59
Lap 11	3.25	14:11	4:21	1	-	3	0:41	35.75	2:28:17	4:08	1	-	3	10:40
Lap 12	3.25	14:14	4:22	1	-	2	0:17	39.00	2:42:31	4:10	1	-	3	10:57
Last lap Finish	3.25	13:52	4:15	1	-	1	-	42.25	2:56:23	4:10	1	-	3	10:34