



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

WOLTERS, Henning

Club: sportTREND Ultralaufteam Braunschweig
Number: 829

Course: 42.25 km
Marathon

Category:
Senioren M30 (30-34 Jahre)

Total time: 3:03:49

Speed: 13.71 km/h
Running performance: 4:21 min/km

Rank in course/Total: 4 (of 168)

Rank in course/Men: 4 (of 144)

Best time in course: 2:45:49

Rank in category: 1(of 10)

Best time in the category: 3:03:49

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	12:47	3:55	1	-	4	1:53	3.25	12:47	3:55	1	-	4	1:53
Lap 2	3.25	12:46	3:55	1	-	3	0:59	6.50	25:33	3:55	1	-	3	2:52
Lap 3	3.25	12:44	3:55	1	-	2	0:19	9.75	38:17	3:55	1	-	3	3:11
Lap 4	3.25	13:09	4:02	1	-	3	0:32	13.00	51:26	3:57	1	-	3	3:43
Lap 5	3.25	13:22	4:06	1	-	3	1:02	16.25	1:04:48	3:59	1	-	3	4:45
Lap 6	3.25	13:28	4:08	1	-	3	1:04	19.50	1:18:16	4:00	1	-	3	5:49
Lap 7	3.25	13:53	4:16	1	-	5	1:05	22.75	1:32:09	4:03	1	-	3	6:54
Lap 8	3.25	14:52	4:34	2	0:09	10	2:03	26.00	1:47:01	4:06	1	-	3	8:57
Lap 9	3.25	14:54	4:35	2	0:25	8	1:46	29.25	2:01:55	4:10	1	-	4	10:38
Lap 10	3.25	15:20	4:43	1	-	7	2:30	32.50	2:17:15	4:13	1	-	4	13:08
Lap 11	3.25	15:23	4:44	1	-	7	1:53	35.75	2:32:38	4:16	1	-	4	15:01
Lap 12	3.25	15:50	4:52	1	-	9	1:53	39.00	2:48:28	4:19	1	-	4	16:54
Last lap Finish	3.25	15:21	4:43	2	0:04	10	1:29	42.25	3:03:49	4:21	1	-	4	18:00