



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

HERMANN, Maik

Club: GMRLV

Number: 671

Course: 42.25 km

Marathon

Category:

Senioren M35 (35-39 Jahre)

Total time: 3:31:21

Speed: 11.92 km/h

Running performance: 5:00 min/km

Rank in course/Total: 21 (of 168)

Rank in course/Men: 21 (of 144)

Best time in course: 2:45:49

Rank in category: 6(of 15)

Best time in the category: 2:45:49

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	15:02	4:37	6	4:08	27	4:08	3.25	15:02	4:37	6	4:08	27	4:08
Lap 2	3.25	15:33	4:47	8	3:46	30	3:46	6.50	30:35	4:42	6	7:54	28	7:54
Lap 3	3.25	15:58	4:54	8	3:33	35	3:33	9.75	46:33	4:46	7	11:27	28	11:27
Lap 4	3.25	16:02	4:56	8	3:25	32	3:25	13.00	1:02:35	4:48	7	14:52	28	14:52
Lap 5	3.25	15:55	4:53	6	3:35	29	3:35	16.25	1:18:30	4:49	7	18:27	28	18:27
Lap 6	3.25	15:46	4:51	4	3:22	21	3:22	19.50	1:34:16	4:50	6	21:49	26	21:49
Lap 7	3.25	16:08	4:57	8	3:20	28	3:20	22.75	1:50:24	4:51	6	25:09	27	25:09
Lap 8	3.25	16:41	5:08	10	3:52	32	3:52	26.00	2:07:05	4:53	7	29:01	27	29:01
Lap 9	3.25	16:20	5:01	4	3:07	18	3:12	29.25	2:23:25	4:54	5	32:08	25	32:08
Lap 10	3.25	17:13	5:17	7	4:23	26	4:23	32.50	2:40:38	4:56	5	36:31	24	36:31
Lap 11	3.25	17:18	5:19	7	3:48	24	3:48	35.75	2:57:56	4:58	6	40:19	24	40:19
Lap 12	3.25	17:36	5:24	8	3:39	28	3:39	39.00	3:15:32	5:00	8	43:58	28	43:58
Last lap Finish	3.25	15:49	4:51	4	1:34	13	1:57	42.25	3:31:21	5:00	6	45:32	21	45:32