



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

MALAMBRE, Sebastian

Club: Die Eifelläufer

Number: 721

Course: 42.25 km

Marathon

Category:

Senioren M35 (35-39 Jahre)

Total time: 3:32:00

Speed: 11.89 km/h

Running performance: 5:01 min/km

Rank in course/Total: 22 (of 168)

Rank in course/Men: 22 (of 144)

Best time in course: 2:45:49

Rank in category: 7(of 15)

Best time in the category: 2:45:49

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	15:54	4:53	9	5:00	40	5:00	3.25	15:54	4:53	9	5:00	40	5:00
Lap 2	3.25	16:19	5:01	11	4:32	46	4:32	6.50	32:13	4:57	10	9:32	40	9:32
Lap 3	3.25	16:12	4:59	10	3:47	41	3:47	9.75	48:25	4:57	10	13:19	39	13:19
Lap 4	3.25	16:47	5:09	11	4:10	44	4:10	13.00	1:05:12	5:00	10	17:29	41	17:29
Lap 5	3.25	16:00	4:55	7	3:40	30	3:40	16.25	1:21:12	4:59	10	21:09	38	21:09
Lap 6	3.25	15:48	4:51	6	3:24	24	3:24	19.50	1:37:00	4:58	10	24:33	35	24:33
Lap 7	3.25	15:46	4:51	5	2:58	22	2:58	22.75	1:52:46	4:57	10	27:31	34	27:31
Lap 8	3.25	15:50	4:52	4	3:01	19	3:01	26.00	2:08:36	4:56	9	30:32	31	30:32
Lap 9	3.25	16:20	5:01	4	3:07	18	3:12	29.25	2:24:56	4:57	9	33:39	30	33:39
Lap 10	3.25	16:35	5:06	4	3:45	17	3:45	32.50	2:41:31	4:58	7	37:24	28	37:24
Lap 11	3.25	17:09	5:16	6	3:39	20	3:39	35.75	2:58:40	4:59	8	41:03	28	41:03
Lap 12	3.25	16:35	5:06	4	2:38	14	2:38	39.00	3:15:15	5:00	7	43:41	26	43:41
Last lap Finish	3.25	16:45	5:09	5	2:30	22	2:53	42.25	3:32:00	5:01	7	46:11	22	46:11