



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

KNAACK, Tobias

Club: Adidas Runners Hamburg

Number: 695

Course: 42.25 km

Marathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 3:48:15

Speed: 11.11 km/h

Running performance: 5:24 min/km

Rank in course/Total: 47 (of 168)

Rank in course/Men: 44 (of 144)

Best time in course: 2:45:49

Rank in category: 5(of 26)

Best time in the category: 2:51:32

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	15:24	4:44	5	3:18	32	4:30	3.25	15:24	4:44	5	3:18	32	4:30
Lap 2	3.25	15:29	4:45	4	2:54	29	3:42	6.50	30:53	4:45	4	6:12	29	8:12
Lap 3	3.25	15:46	4:51	3	2:59	31	3:21	9.75	46:39	4:47	3	9:11	29	11:33
Lap 4	3.25	16:53	5:11	7	4:00	50	4:16	13.00	1:03:32	4:53	3	13:11	32	15:49
Lap 5	3.25	16:48	5:10	4	3:57	41	4:28	16.25	1:20:20	4:56	3	17:08	34	20:17
Lap 6	3.25	17:02	5:14	4	4:21	41	4:38	19.50	1:37:22	4:59	3	21:29	37	24:55
Lap 7	3.25	17:21	5:20	6	4:32	48	4:33	22.75	1:54:43	5:02	3	26:01	37	29:28
Lap 8	3.25	18:18	5:37	8	5:05	59	5:29	26.00	2:13:01	5:06	3	31:06	39	34:57
Lap 9	3.25	18:17	5:37	6	5:09	50	5:09	29.25	2:31:18	5:10	3	36:15	39	40:01
Lap 10	3.25	18:53	5:48	8	5:23	54	6:03	32.50	2:50:11	5:14	3	41:38	40	46:04
Lap 11	3.25	19:29	5:59	9	5:26	55	5:59	35.75	3:09:40	5:18	3	47:04	41	52:03
Lap 12	3.25	19:13	5:54	7	4:57	44	5:16	39.00	3:28:53	5:21	3	51:54	41	57:19
Last lap Finish	3.25	19:22	5:57	9	5:10	55	5:30	42.25	3:48:15	5:24	5	56:43	44	1:02:26