



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

LÖWE, Sten

Club: Team Eichsfeld

Number: 717

Course: 42.25 km

Marathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 3:51:45

Speed: 10.87 km/h

Running performance: 5:29 min/km

Rank in course/Total: 51 (of 168)

Rank in course/Men: 47 (of 144)

Best time in course: 2:45:49

Rank in category: 7(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.	Stage score		Total			Pos Cat.	Behind Cat.	Pos Men	Behind Men
						Pos Men	Behind Men	Total km	Total Time	Total min/km				
Lap 1	3.25	15:59	4:55	7	3:53	41	5:05	3.25	15:59	4:55	7	3:53	41	5:05
Lap 2	3.25	16:49	5:10	8	4:14	58	5:02	6.50	32:48	5:02	8	8:07	49	10:07
Lap 3	3.25	16:54	5:11	8	4:07	60	4:29	9.75	49:42	5:05	8	12:14	51	14:36
Lap 4	3.25	16:56	5:12	8	4:03	51	4:19	13.00	1:06:38	5:07	8	16:17	50	18:55
Lap 5	3.25	17:03	5:14	7	4:12	49	4:43	16.25	1:23:41	5:08	6	20:29	48	23:38
Lap 6	3.25	17:06	5:15	5	4:25	44	4:42	19.50	1:40:47	5:10	6	24:54	48	28:20
Lap 7	3.25	17:08	5:16	4	4:19	41	4:20	22.75	1:57:55	5:10	6	29:13	46	32:40
Lap 8	3.25	17:40	5:26	6	4:27	47	4:51	26.00	2:15:35	5:12	5	33:40	44	37:31
Lap 9	3.25	17:52	5:29	4	4:44	43	4:44	29.25	2:33:27	5:14	4	38:24	44	42:10
Lap 10	3.25	18:51	5:48	7	5:21	53	6:01	32.50	2:52:18	5:18	5	43:45	46	48:11
Lap 11	3.25	18:54	5:48	7	4:51	47	5:24	35.75	3:11:12	5:20	5	48:36	44	53:35
Lap 12	3.25	21:19	6:33	11	7:03	68	7:22	39.00	3:32:31	5:26	7	55:32	49	1:00:57
Last lap Finish	3.25	19:14	5:55	8	5:02	50	5:22	42.25	3:51:45	5:29	7	1:00:13	47	1:05:56