



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

KEMPTNER, Thomas

Club: Laufftreff Wilhelmshaven

Number: 686

Course: 42.25 km

Marathon

Category:

Senioren M55 (55-59 Jahre)

Total time: 3:53:22

Speed: 10.80 km/h

Running performance: 5:31 min/km

Rank in course/Total: 55 (of 168)

Rank in course/Men: 51 (of 144)

Best time in course: 2:45:49

Rank in category: 4(of 20)

Best time in the category: 3:22:45

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Lap 1	3.25	17:12	5:17	9	2:07	76	6:18	3.25	17:12	5:17	9	2:07	76	6:18
Lap 2	3.25	17:03	5:14	5	2:07	72	5:16	6.50	34:15	5:16	9	4:14	76	11:34
Lap 3	3.25	16:57	5:12	5	1:57	63	4:32	9.75	51:12	5:15	7	6:11	70	16:06
Lap 4	3.25	17:08	5:16	6	2:05	62	4:31	13.00	1:08:20	5:15	7	8:16	69	20:37
Lap 5	3.25	17:17	5:19	4	2:12	56	4:57	16.25	1:25:37	5:16	6	10:28	64	25:34
Lap 6	3.25	17:40	5:26	4	2:13	60	5:16	19.50	1:43:17	5:17	5	12:41	60	30:50
Lap 7	3.25	17:38	5:25	4	2:15	57	4:50	22.75	2:00:55	5:18	5	14:56	58	35:40
Lap 8	3.25	17:51	5:29	3	1:58	50	5:02	26.00	2:18:46	5:20	5	16:54	57	40:42
Lap 9	3.25	18:18	5:37	4	2:42	51	5:10	29.25	2:37:04	5:22	4	19:36	56	45:47
Lap 10	3.25	18:31	5:41	4	2:07	46	5:41	32.50	2:55:35	5:24	3	21:43	53	51:28
Lap 11	3.25	18:43	5:45	4	2:28	43	5:13	35.75	3:14:18	5:26	4	24:11	54	56:41
Lap 12	3.25	19:13	5:54	4	2:55	44	5:16	39.00	3:33:31	5:28	4	27:06	51	1:01:57
Last lap Finish	3.25	19:51	6:06	8	3:56	64	5:59	42.25	3:53:22	5:31	4	30:37	51	1:07:33