



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

DEMPEWOLF, Eike

Club: LG Fastflitzer Osterwald

Number: 628

Course: 42.25 km

Marathon

Category:

Senioren M50 (50-54 Jahre)

Total time: 3:54:06

Speed: 10.76 km/h

Running performance: 5:32 min/km

Rank in course/Total: 56 (of 168)

Rank in course/Men: 52 (of 144)

Best time in course: 2:45:49

Rank in category: 8(of 25)

Best time in the category: 3:13:28

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	17:09	5:16	13	3:14	74	6:15	3.25	17:09	5:16	13	3:14	74	6:15
Lap 2	3.25	16:50	5:10	11	3:10	60	5:03	6.50	33:59	5:13	11	6:24	72	11:18
Lap 3	3.25	17:00	5:13	13	3:15	65	4:35	9.75	50:59	5:13	10	9:39	68	15:53
Lap 4	3.25	17:07	5:15	10	3:04	60	4:30	13.00	1:08:06	5:14	10	12:43	64	20:23
Lap 5	3.25	17:27	5:22	10	3:00	63	5:07	16.25	1:25:33	5:15	9	15:43	61	25:30
Lap 6	3.25	18:05	5:33	14	3:46	74	5:41	19.50	1:43:38	5:18	11	19:29	64	31:11
Lap 7	3.25	17:29	5:22	9	3:08	52	4:41	22.75	2:01:07	5:19	9	22:37	60	35:52
Lap 8	3.25	18:09	5:35	10	3:39	57	5:20	26.00	2:19:16	5:21	9	26:16	61	41:12
Lap 9	3.25	17:55	5:30	8	3:00	44	4:47	29.25	2:37:11	5:22	9	29:16	57	45:54
Lap 10	3.25	18:41	5:44	10	3:16	52	5:51	32.50	2:55:52	5:24	9	32:15	54	51:45
Lap 11	3.25	18:59	5:50	7	3:25	48	5:29	35.75	3:14:51	5:27	8	35:02	55	57:14
Lap 12	3.25	19:40	6:03	10	4:13	52	5:43	39.00	3:34:31	5:30	8	37:55	54	1:02:57
Last lap Finish	3.25	19:35	6:01	11	4:49	58	5:43	42.25	3:54:06	5:32	8	40:38	52	1:08:17