



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

BOSGRAAF, Jaap Sije

Club: Team ERDINGER Alkoholfrei
Number: 617

Course: 42.25 km
Marathon

Category:
Senioren M50 (50-54 Jahre)

Total time: 3:56:51

Speed: 10.64 km/h

Running performance: 5:37 min/km

Rank in course/Total: 62 (of 168)

Rank in course/Men: 57 (of 144)

Best time in course: 2:45:49

Rank in category: 9(of 25)

Best time in the category: 3:13:28

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	17:37	5:25	14	3:42	87	6:43	3.25	17:37	5:25	14	3:42	87	6:43
Lap 2	3.25	17:23	5:20	15	3:43	83	5:36	6.50	35:00	5:23	16	7:25	85	12:19
Lap 3	3.25	16:43	5:08	10	2:58	52	4:18	9.75	51:43	5:18	13	10:23	77	16:37
Lap 4	3.25	17:16	5:18	12	3:13	67	4:39	13.00	1:08:59	5:18	13	13:36	75	21:16
Lap 5	3.25	17:24	5:21	9	2:57	59	5:04	16.25	1:26:23	5:18	12	16:33	70	26:20
Lap 6	3.25	17:45	5:27	10	3:26	62	5:21	19.50	1:44:08	5:20	12	19:59	67	31:41
Lap 7	3.25	17:56	5:31	10	3:35	62	5:08	22.75	2:02:04	5:21	11	23:34	68	36:49
Lap 8	3.25	18:35	5:43	11	4:05	63	5:46	26.00	2:20:39	5:24	10	27:39	67	42:35
Lap 9	3.25	19:00	5:50	11	4:05	62	5:52	29.25	2:39:39	5:27	10	31:44	63	48:22
Lap 10	3.25	19:09	5:53	11	3:44	58	6:19	32.50	2:58:48	5:30	10	35:11	61	54:41
Lap 11	3.25	19:16	5:55	10	3:42	53	5:46	35.75	3:18:04	5:32	10	38:15	59	1:00:27
Lap 12	3.25	19:26	5:58	8	3:59	48	5:29	39.00	3:37:30	5:34	10	40:54	59	1:05:56
Last lap Finish	3.25	19:21	5:57	10	4:35	54	5:29	42.25	3:56:51	5:36	9	43:23	57	1:11:02