



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

KRÜGER, Gerd

Club: -

Number: 711

Course: 42.25 km

Marathon

Category:

Senioren M50 (50-54 Jahre)

Total time: 3:57:22

Speed: 10.68 km/h

Running performance: 5:37 min/km

Rank in course/Total: 64 (of 168)

Rank in course/Men: 59 (of 144)

Best time in course: 2:45:49

Rank in category: 10(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	16:33	5:05	9	2:38	60	5:39	3.25	16:33	5:05	9	2:38	60	5:39
Lap 2	3.25	17:14	5:18	14	3:34	80	5:27	6.50	33:47	5:11	10	6:12	67	11:06
Lap 3	3.25	17:43	5:27	16	3:58	81	5:18	9.75	51:30	5:16	11	10:10	74	16:24
Lap 4	3.25	17:57	5:31	16	3:54	83	5:20	13.00	1:09:27	5:20	14	14:04	80	21:44
Lap 5	3.25	17:59	5:31	12	3:32	74	5:39	16.25	1:27:26	5:22	14	17:36	79	27:23
Lap 6	3.25	17:56	5:31	12	3:37	69	5:32	19.50	1:45:22	5:24	13	21:13	76	32:55
Lap 7	3.25	18:16	5:37	11	3:55	71	5:28	22.75	2:03:38	5:26	13	25:08	74	38:23
Lap 8	3.25	18:08	5:34	9	3:38	56	5:19	26.00	2:21:46	5:27	12	28:46	72	43:42
Lap 9	3.25	18:35	5:43	10	3:40	54	5:27	29.25	2:40:21	5:28	11	32:26	66	49:04
Lap 10	3.25	18:36	5:43	8	3:11	50	5:46	32.50	2:58:57	5:30	11	35:20	62	54:50
Lap 11	3.25	19:08	5:53	8	3:34	51	5:38	35.75	3:18:05	5:32	11	38:16	60	1:00:28
Lap 12	3.25	19:33	6:00	9	4:06	50	5:36	39.00	3:37:38	5:34	11	41:02	60	1:06:04
Last lap Finish	3.25	19:44	6:04	12	4:58	60	5:52	42.25	3:57:22	5:37	10	43:54	59	1:11:33