



# 12. Kristall-Marathon

Merkers / 18.02.2018

## Detailed evaluation

**GEBES, Norbert**

Club: Go Willi Go

Number: 644

Course: 42.25 km

Marathon

Category:

Senioren M55 (55-59 Jahre)

Total time: 4:08:04

Speed: 10.16 km/h

Running performance: 5:52 min/km

Rank in course/Total: 78 (of 168)

Rank in course/Men: 73 (of 144)

Best time in course: 2:45:49

Rank in category: 9(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	3.25	16:22	5:02	6	1:17	56	5:28	3.25	16:22	5:02	6	1:17	56	5:28
Lap 2	3.25	17:34	5:24	10	2:38	88	5:47	6.50	33:56	5:13	8	3:55	71	11:15
Lap 3	3.25	17:59	5:31	9	2:59	85	5:34	9.75	51:55	5:19	8	6:54	79	16:49
Lap 4	3.25	18:33	5:42	12	3:30	98	5:56	13.00	1:10:28	5:25	10	10:24	84	22:45
Lap 5	3.25	18:42	5:45	11	3:37	96	6:22	16.25	1:29:10	5:29	10	14:01	84	29:07
Lap 6	3.25	19:00	5:50	12	3:33	92	6:36	19.50	1:48:10	5:32	10	17:34	86	35:43
Lap 7	3.25	19:44	6:04	12	4:21	94	6:56	22.75	2:07:54	5:37	11	21:55	88	42:39
Lap 8	3.25	19:46	6:04	11	3:53	83	6:57	26.00	2:27:40	5:40	11	25:48	86	49:36
Lap 9	3.25	19:57	6:08	10	4:21	74	6:49	29.25	2:47:37	5:43	11	30:09	86	56:20
Lap 10	3.25	20:27	6:17	10	4:03	76	7:37	32.50	3:08:04	5:47	11	34:12	82	1:03:57
Lap 11	3.25	20:11	6:12	6	3:56	64	6:41	35.75	3:28:15	5:49	10	38:08	77	1:10:38
Lap 12	3.25	20:07	6:11	5	3:49	56	6:10	39.00	3:48:22	5:51	10	41:57	75	1:16:48
Last lap Finish	3.25	19:42	6:03	7	3:47	59	5:50	42.25	4:08:04	5:52	9	45:19	73	1:22:15