



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

ZACHAU, Axel

Club: Athletik Waldniel

Number: 830

Course: 42.25 km

Marathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 4:09:52

Speed: 10.09 km/h

Running performance: 5:55 min/km

Rank in course/Total: 80 (of 168)

Rank in course/Men: 75 (of 144)

Best time in course: 2:45:49

Rank in category: 12(of 26)

Best time in the category: 2:51:32

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	16:11	4:58	9	4:05	53	5:17	3.25	16:11	4:58	9	4:05	53	5:17
Lap 2	3.25	16:57	5:12	10	4:22	66	5:10	6.50	33:08	5:05	10	8:27	56	10:27
Lap 3	3.25	17:28	5:22	11	4:41	72	5:03	9.75	50:36	5:11	10	13:08	65	15:30
Lap 4	3.25	17:41	5:26	12	4:48	77	5:04	13.00	1:08:17	5:15	11	17:56	67	20:34
Lap 5	3.25	18:06	5:34	12	5:15	77	5:46	16.25	1:26:23	5:18	11	23:11	70	26:20
Lap 6	3.25	18:43	5:45	16	6:02	89	6:19	19.50	1:45:06	5:23	11	29:13	74	32:39
Lap 7	3.25	18:56	5:49	16	6:07	84	6:08	22.75	2:04:02	5:27	10	35:20	75	38:47
Lap 8	3.25	20:04	6:10	14	6:51	86	7:15	26.00	2:24:06	5:32	11	42:11	77	46:02
Lap 9	3.25	21:40	6:40	18	8:32	100	8:32	29.25	2:45:46	5:40	12	50:43	80	54:29
Lap 10	3.25	20:39	6:21	14	7:09	77	7:49	32.50	3:06:25	5:44	12	57:52	79	1:02:18
Lap 11	3.25	21:18	6:33	15	7:15	76	7:48	35.75	3:27:43	5:48	12	1:05:07	76	1:10:06
Lap 12	3.25	21:59	6:45	14	7:43	84	8:02	39.00	3:49:42	5:53	12	1:12:43	77	1:18:08
Last lap Finish	3.25	20:10	6:12	13	5:58	68	6:18	42.25	4:09:52	5:54	12	1:18:20	75	1:24:03