



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

RAGNIT, Uwe

Club: Taunusstein-Bleidenstadt

Number: 758

Course: 42.25 km

Marathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 4:16:05

Speed: 9.84 km/h

Running performance: 6:04 min/km

Rank in course/Total: 93 (of 168)

Rank in course/Men: 84 (of 144)

Best time in course: 2:45:49

Rank in category: 19(of 29)

Best time in the category: 2:56:23

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	16:58	5:13	16	4:01	71	6:04	3.25	16:58	5:13	16	4:01	71	6:04
Lap 2	3.25	16:30	5:04	12	3:30	52	4:43	6.50	33:28	5:08	14	7:31	62	10:47
Lap 3	3.25	16:45	5:09	13	3:39	53	4:20	9.75	50:13	5:09	13	11:10	60	15:07
Lap 4	3.25	17:03	5:14	13	3:25	56	4:26	13.00	1:07:16	5:10	13	14:35	58	19:33
Lap 5	3.25	17:26	5:21	16	3:47	60	5:06	16.25	1:24:42	5:12	14	18:22	58	24:39
Lap 6	3.25	17:59	5:31	19	4:18	72	5:35	19.50	1:42:41	5:15	14	22:40	56	30:14
Lap 7	3.25	18:56	5:49	20	5:30	84	6:08	22.75	2:01:37	5:20	17	28:10	65	36:22
Lap 8	3.25	20:23	6:16	21	6:49	93	7:34	26.00	2:22:00	5:27	19	34:59	74	43:56
Lap 9	3.25	21:29	6:36	19	8:02	97	8:21	29.25	2:43:29	5:35	18	43:01	74	52:12
Lap 10	3.25	22:54	7:02	21	9:16	106	10:04	32.50	3:06:23	5:44	18	52:17	78	1:02:16
Lap 11	3.25	22:26	6:54	19	8:15	93	8:56	35.75	3:28:49	5:50	18	1:00:32	81	1:11:12
Lap 12	3.25	23:36	7:15	20	9:22	101	9:39	39.00	3:52:25	5:57	19	1:09:54	82	1:20:51
Last lap Finish	3.25	23:40	7:16	21	9:48	106	9:48	42.25	4:16:05	6:03	19	1:19:42	84	1:30:16