



# 12. Kristall-Marathon

Merkers / 18.02.2018

## Detailed evaluation

**SLONEK, Marc**

Club: -

Number: 791

Course: 42.25 km

Marathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 4:18:54

Speed: 9.73 km/h

Running performance: 6:08 min/km

Rank in course/Total: 94 (of 168)

Rank in course/Men: 85 (of 144)

Best time in course: 2:45:49

Rank in category: 15(of 26)

Best time in the category: 2:51:32

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	17:20	5:19	12	5:14	81	6:26	3.25	17:20	5:19	12	5:14	81	6:26
Lap 2	3.25	18:19	5:38	16	5:44	101	6:32	6.50	35:39	5:29	14	10:58	94	12:58
Lap 3	3.25	18:51	5:48	17	6:04	102	6:26	9.75	54:30	5:35	14	17:02	97	19:24
Lap 4	3.25	19:16	5:55	19	6:23	107	6:39	13.00	1:13:46	5:40	15	23:25	99	26:03
Lap 5	3.25	19:35	6:01	19	6:44	106	7:15	16.25	1:33:21	5:44	15	30:09	99	33:18
Lap 6	3.25	19:41	6:03	19	7:00	99	7:17	19.50	1:53:02	5:47	19	37:09	102	40:35
Lap 7	3.25	20:23	6:16	19	7:34	102	7:35	22.75	2:13:25	5:51	19	44:43	102	48:10
Lap 8	3.25	20:14	6:13	16	7:01	90	7:25	26.00	2:33:39	5:54	19	51:44	102	55:35
Lap 9	3.25	20:41	6:21	13	7:33	81	7:33	29.25	2:54:20	5:57	19	59:17	99	1:03:03
Lap 10	3.25	20:55	6:26	16	7:25	83	8:05	32.50	3:15:15	6:00	18	1:06:42	94	1:11:08
Lap 11	3.25	21:38	6:39	16	7:35	82	8:08	35.75	3:36:53	6:03	17	1:14:17	90	1:19:16
Lap 12	3.25	21:42	6:40	12	7:26	77	7:45	39.00	3:58:35	6:07	17	1:21:36	90	1:27:01
Last lap Finish	3.25	20:19	6:15	14	6:07	70	6:27	42.25	4:18:54	6:07	15	1:27:22	85	1:33:05