



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

RIEß, Frieder

Club: Siebenlehner SV

Number: 767

Course: 42.25 km

Marathon

Category:

Senioren M60 (60-64 Jahre)

Total time: 4:25:19

Speed: 9.50 km/h

Running performance: 6:17 min/km

Rank in course/Total: 105 (of 168)

Rank in course/Men: 95 (of 144)

Best time in course: 2:45:49

Rank in category: 4(of 13)

Best time in the category: 3:40:45

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	16:13	4:59	3	2:21	54	5:19	3.25	16:13	4:59	3	2:21	54	5:19
Lap 2	3.25	18:03	5:33	5	3:36	96	6:16	6.50	34:16	5:16	3	5:57	77	11:35
Lap 3	3.25	18:57	5:49	6	4:02	103	6:32	9.75	53:13	5:27	3	9:59	86	18:07
Lap 4	3.25	19:13	5:54	5	4:07	106	6:36	13.00	1:12:26	5:34	4	14:06	91	24:43
Lap 5	3.25	19:42	6:03	6	4:21	108	7:22	16.25	1:32:08	5:40	4	18:27	96	32:05
Lap 6	3.25	19:45	6:04	5	3:30	101	7:21	19.50	1:51:53	5:44	4	21:57	98	39:26
Lap 7	3.25	20:12	6:12	4	3:58	98	7:24	22.75	2:12:05	5:48	5	25:55	100	46:50
Lap 8	3.25	21:30	6:36	8	4:05	107	8:41	26.00	2:33:35	5:54	5	30:00	101	55:31
Lap 9	3.25	21:44	6:41	6	3:37	101	8:36	29.25	2:55:19	5:59	5	33:37	100	1:04:02
Lap 10	3.25	21:56	6:44	6	2:52	92	9:06	32.50	3:17:15	6:04	5	36:29	98	1:13:08
Lap 11	3.25	22:34	6:56	5	3:27	94	9:04	35.75	3:39:49	6:08	5	39:56	96	1:22:12
Lap 12	3.25	22:44	6:59	6	2:26	93	8:47	39.00	4:02:33	6:13	5	42:22	94	1:30:59
Last lap Finish	3.25	22:46	7:00	8	2:19	96	8:54	42.25	4:25:19	6:16	4	44:34	95	1:39:30