



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

KRAMER, Tilo

Club: langstreckenlaufen.de

Number: 705

Course: 42.25 km

Marathon

Category:

Senioren M50 (50-54 Jahre)

Total time: 4:31:14

Speed: 9.35 km/h

Running performance: 6:25 min/km

Rank in course/Total: 112 (of 168)

Rank in course/Men: 101 (of 144)

Best time in course: 2:45:49

Rank in category: 17(of 25)

Best time in the category: 3:13:28

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	19:55	6:07	23	6:00	124	9:01	3.25	19:55	6:07	23	6:00	124	9:01
Lap 2	3.25	20:53	6:25	23	7:13	134	9:06	6.50	40:48	6:16	24	13:13	131	18:07
Lap 3	3.25	19:59	6:08	22	6:14	121	7:34	9.75	1:00:47	6:14	23	19:27	129	25:41
Lap 4	3.25	20:19	6:15	22	6:16	123	7:42	13.00	1:21:06	6:14	22	25:43	127	33:23
Lap 5	3.25	21:43	6:40	23	7:16	130	9:23	16.25	1:42:49	6:19	22	32:59	128	42:46
Lap 6	3.25	20:46	6:23	21	6:27	118	8:22	19.50	2:03:35	6:20	22	39:26	127	51:08
Lap 7	3.25	20:55	6:26	20	6:34	113	8:07	22.75	2:24:30	6:21	21	46:00	122	59:15
Lap 8	3.25	21:10	6:30	18	6:40	104	8:21	26.00	2:45:40	6:22	20	52:40	121	1:07:36
Lap 9	3.25	21:09	6:30	17	6:14	91	8:01	29.25	3:06:49	6:23	20	58:54	118	1:15:32
Lap 10	3.25	21:08	6:30	14	5:43	85	8:18	32.50	3:27:57	6:23	20	1:04:20	115	1:23:50
Lap 11	3.25	24:08	7:25	18	8:34	104	10:38	35.75	3:52:05	6:29	19	1:12:16	113	1:34:28
Lap 12	3.25	19:51	6:06	11	4:24	54	5:54	39.00	4:11:56	6:27	19	1:15:20	111	1:40:22
Last lap Finish	3.25	19:18	5:56	9	4:32	52	5:26	42.25	4:31:14	6:25	17	1:17:46	101	1:45:25