



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

TRAMBO, Uwe

Club: Peewee

Number: 810

Course: 42.25 km

Marathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 4:33:39

Speed: 9.21 km/h

Running performance: 6:29 min/km

Rank in course/Total: 119 (of 168)

Rank in course/Men: 108 (of 144)

Best time in course: 2:45:49

Rank in category: 19(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.	Stage score		Total		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Lap 1	3.25	19:57	6:08	22	7:51	125	9:03	3.25	19:57	6:08	22	7:51	125	9:03
Lap 2	3.25	19:23	5:57	21	6:48	117	7:36	6.50	39:20	6:03	22	14:39	120	16:39
Lap 3	3.25	19:07	5:52	18	6:20	109	6:42	9.75	58:27	5:59	21	20:59	117	23:21
Lap 4	3.25	19:52	6:06	22	6:59	115	7:15	13.00	1:18:19	6:01	21	27:58	116	30:36
Lap 5	3.25	20:33	6:19	22	7:42	117	8:13	16.25	1:38:52	6:05	21	35:40	114	38:49
Lap 6	3.25	21:23	6:34	23	8:42	124	8:59	19.50	2:00:15	6:10	22	44:22	117	47:48
Lap 7	3.25	20:26	6:17	20	7:37	103	7:38	22.75	2:20:41	6:11	21	51:59	112	55:26
Lap 8	3.25	20:56	6:26	19	7:43	101	8:07	26.00	2:41:37	6:12	21	59:42	111	1:03:33
Lap 9	3.25	20:45	6:23	14	7:37	82	7:37	29.25	3:02:22	6:14	21	1:07:19	107	1:11:05
Lap 10	3.25	20:49	6:24	15	7:19	80	7:59	32.50	3:23:11	6:15	21	1:14:38	106	1:19:04
Lap 11	3.25	21:01	6:28	14	6:58	75	7:31	35.75	3:44:12	6:16	21	1:21:36	104	1:26:35
Lap 12	3.25	22:19	6:51	15	8:03	86	8:22	39.00	4:06:31	6:19	20	1:29:32	104	1:34:57
Last lap Finish	3.25	27:08	8:20	24	12:56	130	13:16	42.25	4:33:39	6:28	19	1:42:07	108	1:47:50