



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

BAHLMANN, Jan

Club: Signal Iduna - TEA

Number: 601

Course: 42.25 km

Marathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 4:54:51

Speed: 8.55 km/h

Running performance: 6:59 min/km

Rank in course/Total: 142 (of 168)

Rank in course/Men: 123 (of 144)

Best time in course: 2:45:49

Rank in category: 23(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	20:03	6:10	23	7:57	130	9:09	3.25	20:03	6:10	23	7:57	130	9:09
Lap 2	3.25	19:35	6:01	23	7:00	119	7:48	6.50	39:38	6:05	23	14:57	121	16:57
Lap 3	3.25	20:20	6:15	23	7:33	126	7:55	9.75	59:58	6:09	24	22:30	126	24:52
Lap 4	3.25	20:30	6:18	24	7:37	126	7:53	13.00	1:20:28	6:11	24	30:07	125	32:45
Lap 5	3.25	21:29	6:36	24	8:38	128	9:09	16.25	1:41:57	6:16	24	38:45	124	41:54
Lap 6	3.25	20:45	6:23	21	8:04	117	8:21	19.50	2:02:42	6:17	24	46:49	124	50:15
Lap 7	3.25	24:09	7:25	25	11:20	137	11:21	22.75	2:26:51	6:27	24	58:09	126	1:01:36
Lap 8	3.25	22:57	7:03	22	9:44	122	10:08	26.00	2:49:48	6:31	24	1:07:53	126	1:11:44
Lap 9	3.25	23:50	7:19	20	10:42	114	10:42	29.25	3:13:38	6:37	23	1:18:35	125	1:22:21
Lap 10	3.25	24:21	7:29	21	10:51	119	11:31	32.50	3:37:59	6:42	23	1:29:26	123	1:33:52
Lap 11	3.25	25:32	7:51	20	11:29	122	12:02	35.75	4:03:31	6:48	23	1:40:55	123	1:45:54
Lap 12	3.25	25:36	7:52	20	11:20	117	11:39	39.00	4:29:07	6:54	23	1:52:08	123	1:57:33
Last lap Finish	3.25	25:44	7:55	19	11:32	119	11:52	42.25	4:54:51	6:58	23	2:03:19	123	2:09:02