



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

KRUG, Gerd

Club: VLG Eisenbach

Number: 709

Course: 42.25 km

Marathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 5:01:20

Speed: 8.36 km/h

Running performance: 7:08 min/km

Rank in course/Total: 152 (of 168)

Rank in course/Men: 131 (of 144)

Best time in course: 2:45:49

Rank in category: 25(of 26)

Best time in the category: 2:51:32

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	17:36	5:24	13	5:30	86	6:42	3.25	17:36	5:24	13	5:30	86	6:42
Lap 2	3.25	19:22	5:57	20	6:47	116	7:35	6.50	36:58	5:41	17	12:17	105	14:17
Lap 3	3.25	20:12	6:12	22	7:25	123	7:47	9.75	57:10	5:51	17	19:42	111	22:04
Lap 4	3.25	21:36	6:38	25	8:43	138	8:59	13.00	1:18:46	6:03	23	28:25	119	31:03
Lap 5	3.25	21:05	6:29	23	8:14	122	8:45	16.25	1:39:51	6:08	23	36:39	119	39:48
Lap 6	3.25	21:27	6:35	24	8:46	126	9:03	19.50	2:01:18	6:13	23	45:25	121	48:51
Lap 7	3.25	23:14	7:08	23	10:25	129	10:26	22.75	2:24:32	6:21	23	55:50	123	59:17
Lap 8	3.25	23:43	7:17	24	10:30	129	10:54	26.00	2:48:15	6:28	23	1:06:20	125	1:10:11
Lap 9	3.25	27:02	8:19	24	13:54	136	13:54	29.25	3:15:17	6:40	24	1:20:14	129	1:24:00
Lap 10	3.25	27:03	8:19	25	13:33	137	14:13	32.50	3:42:20	6:50	24	1:33:47	129	1:38:13
Lap 11	3.25	25:59	7:59	23	11:56	128	12:29	35.75	4:08:19	6:56	24	1:45:43	129	1:50:42
Lap 12	3.25	26:49	8:15	24	12:33	127	12:52	39.00	4:35:08	7:03	24	1:58:09	129	2:03:34
Last lap Finish	3.25	26:12	8:03	21	12:00	123	12:20	42.25	5:01:20	7:07	25	2:09:48	131	2:15:31