



# 13. Kristall-Marathon

Merkers / 17.02.2019

## Detailed evaluation

**Knoff, Matthias**

Club: Kassel

Number: 560

Course: 22.75 km

Halbmarathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 1:31:15

Speed: 14.47 km/h

Running performance: 4:01 min/km

Rank in course/Total: 1 (of 244)

Rank in course/Men: 1 (of 179)

Best time in course: 1:31:15

Rank in category: 1(of 25)

Best time in the category: 1:31:15

### Intermediate times

### Stage score

### Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking							
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Lap 1	3.25	13:16	4:04	2	0:02	8	0:18	3.25	13:16	4:04	2	0:02	8	0:18	
Lap 2	3.25	13:04	4:01	1	-	1	-	6.50	26:20	4:03	1	-	1	-	
Lap 3	3.25	13:10	4:03	1	-	1	-	9.75	39:30	4:03	1	-	1	-	
Lap 4	3.25	13:00	4:00	1	-	1	-	13.00	52:30	4:02	1	-	1	-	
Lap 5	3.25	12:47	3:55	1	-	1	-	16.25	1:05:17	4:01	1	-	1	-	
Lap 6	3.25	12:54	3:58	1	-	1	-	19.50	1:18:11	4:00	1	-	1	-	
Last lap Finish	3.25	13:04	4:01	1	-	1	-	22.75	1:31:15	4:00	1	-	2	18:59	