



# 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: 14.96 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<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |  |
|-----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|--|
|                 |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>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         |  |