



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Freese, Torsten

Club: Flexkalk

Number: 358

Course: 22.75 km

Halbmarathon

Category:

Senioren M35 (35-39 Jahre)

Total time: 1:33:42

Speed: 14.09 km/h

Running performance: 4:07 min/km

Rank in course/Total: 2 (of 244)

Rank in course/Men: 2 (of 179)

Best time in course: 1:31:15

Rank in category: 1(of 26)

Best time in the category: 1:33:42

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	13:11	4:03	2	0:04	4	0:13	3.25	13:11	4:03	2	0:04	4	0:13
Lap 2	3.25	13:13	4:03	1	-	2	0:09	6.50	26:24	4:03	1	-	3	0:04
Lap 3	3.25	13:34	4:10	1	-	3	0:24	9.75	39:58	4:05	1	-	3	0:28
Lap 4	3.25	13:26	4:08	2	0:01	3	0:26	13.00	53:24	4:06	1	-	2	0:54
Lap 5	3.25	13:24	4:07	1	-	2	0:37	16.25	1:06:48	4:06	1	-	2	1:31
Lap 6	3.25	13:35	4:10	1	-	3	0:41	19.50	1:20:23	4:07	1	-	2	2:12
Last lap Finish	3.25	13:19	4:05	1	-	2	0:15	22.75	1:33:42	4:07	1	-	3	21:26