



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Wolf, Kai

Club: ASV Kulmbach

Number: 539

Course: 22.75 km

Halbmarathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:36:19

Speed: 13.70 km/h

Running performance: 4:14 min/km

Rank in course/Total: 4 (of 244)

Rank in course/Men: 4 (of 179)

Best time in course: 1:31:15

Rank in category: 1(of 29)

Best time in the category: 1:36:19

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 | 12:58 | 3:59 | 1 | - | 1 | - | 3.25 | 12:58 | 3:59 | 1 | - | 1 | - |
| Lap 2 | 3.25 | 13:22 | 4:06 | 1 | - | 4 | 0:18 | 6.50 | 26:20 | 4:03 | 1 | - | 1 | - |
| Lap 3 | 3.25 | 13:20 | 4:06 | 1 | - | 2 | 0:10 | 9.75 | 39:40 | 4:04 | 1 | - | 2 | 0:10 |
| Lap 4 | 3.25 | 13:51 | 4:15 | 1 | - | 5 | 0:51 | 13.00 | 53:31 | 4:06 | 1 | - | 4 | 1:01 |
| Lap 5 | 3.25 | 14:16 | 4:23 | 1 | - | 7 | 1:29 | 16.25 | 1:07:47 | 4:10 | 1 | - | 4 | 2:30 |
| Lap 6 | 3.25 | 14:21 | 4:24 | 1 | - | 6 | 1:27 | 19.50 | 1:22:08 | 4:12 | 1 | - | 4 | 3:57 |
| Last lap Finish | 3.25 | 14:11 | 4:21 | 1 | - | 7 | 1:07 | 22.75 | 1:36:19 | 4:14 | 1 | - | 5 | 24:03 |