



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Weiß, Ronny

Club: Trailcenter Rabenberg

Number: 528

Course: 22.75 km

Halbmarathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 1:39:05

Speed: 13.32 km/h

Running performance: 4:22 min/km

Rank in course/Total: 8 (of 244)

Rank in course/Men: 8 (of 179)

Best time in course: 1:31:15

Rank in category: 2(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	13:14	4:04	1	-	7	0:16	3.25	13:14	4:04	1	-	7	0:16
Lap 2	3.25	13:38	4:11	2	0:34	7	0:34	6.50	26:52	4:08	2	0:32	7	0:32
Lap 3	3.25	14:14	4:22	3	1:04	9	1:04	9.75	41:06	4:12	2	1:36	8	1:36
Lap 4	3.25	14:16	4:23	2	1:16	7	1:16	13.00	55:22	4:15	2	2:52	8	2:52
Lap 5	3.25	14:25	4:26	3	1:38	8	1:38	16.25	1:09:47	4:17	2	4:30	6	4:30
Lap 6	3.25	14:34	4:28	2	1:40	8	1:40	19.50	1:24:21	4:19	2	6:10	7	6:10
Last lap Finish	3.25	14:44	4:31	3	1:40	11	1:40	22.75	1:39:05	4:21	2	7:50	9	26:49