



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Müller, Jörn

Club: LT Freigericht

Number: 448

Course: 22.75 km

Halbmarathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 1:39:57

Speed: 13.21 km/h

Running performance: 4:23 min/km

Rank in course/Total: 9 (of 244)

Rank in course/Men: 9 (of 179)

Best time in course: 1:31:15

Rank in category: 3(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	3.25	14:12	4:22	5	0:58	14	1:14	3.25	14:12	4:22	5	0:58	14	1:14
Lap 2	3.25	13:43	4:13	3	0:39	8	0:39	6.50	27:55	4:17	4	1:35	10	1:35
Lap 3	3.25	14:11	4:21	2	1:01	8	1:01	9.75	42:06	4:19	3	2:36	9	2:36
Lap 4	3.25	14:26	4:26	3	1:26	10	1:26	13.00	56:32	4:20	3	4:02	9	4:02
Lap 5	3.25	14:12	4:22	2	1:25	5	1:25	16.25	1:10:44	4:21	3	5:27	10	5:27
Lap 6	3.25	14:46	4:32	3	1:52	9	1:52	19.50	1:25:30	4:23	3	7:19	9	7:19
Last lap Finish	3.25	14:27	4:26	2	1:23	8	1:23	22.75	1:39:57	4:23	3	8:42	10	27:41