



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Lange, Thomas

Club: LT Freigericht

Number: 423

Course: 22.75 km

Halbmarathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:42:39

Speed: 13.30 km/h

Running performance: 4:31 min/km

Rank in course/Total: 12 (of 244)

Rank in course/Men: 12 (of 179)

Best time in course: 1:31:15

Rank in category: 2(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	14:12	4:22	3	1:14	14	1:14	3.25	14:12	4:22	3	1:14	14	1:14	
Lap 2	3.25	13:48	4:14	2	0:26	11	0:44	6.50	28:00	4:18	2	1:40	11	1:40	
Lap 3	3.25	14:25	4:26	2	1:05	13	1:15	9.75	42:25	4:21	2	2:45	10	2:55	
Lap 4	3.25	14:48	4:33	2	0:57	13	1:48	13.00	57:13	4:24	2	3:42	12	4:43	
Lap 5	3.25	15:13	4:40	2	0:57	15	2:26	16.25	1:12:26	4:27	2	4:39	13	7:09	
Lap 6	3.25	15:00	4:36	2	0:39	12	2:06	19.50	1:27:26	4:29	2	5:18	12	9:15	
Last lap Finish	3.25	15:13	4:40	4	1:02	16	2:09	22.75	1:42:39	4:30	2	6:20	13	30:23	