



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Mucha, Jan-Eric

Club: SCC Berlin

Number: 446

Course: 22.75 km

Halbmarathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 1:43:15

Speed: 12.78 km/h

Running performance: 4:32 min/km

Rank in course/Total: 14 (of 244)

Rank in course/Men: 13 (of 179)

Best time in course: 1:31:15

Rank in category: 5(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	13:20	4:06	3	0:06	9	0:22	3.25	13:20	4:06	3	0:06	9	0:22
Lap 2	3.25	14:11	4:21	5	1:07	13	1:07	6.50	27:31	4:14	3	1:11	9	1:11
Lap 3	3.25	14:54	4:35	5	1:44	19	1:44	9.75	42:25	4:21	4	2:55	10	2:55
Lap 4	3.25	14:57	4:35	5	1:57	15	1:57	13.00	57:22	4:24	4	4:52	13	4:52
Lap 5	3.25	15:06	4:38	5	2:19	13	2:19	16.25	1:12:28	4:27	5	7:11	14	7:11
Lap 6	3.25	15:36	4:47	6	2:42	19	2:42	19.50	1:28:04	4:30	5	9:53	13	9:53
Last lap Finish	3.25	15:11	4:40	5	2:07	15	2:07	22.75	1:43:15	4:32	5	12:00	14	30:59