



# 13. Kristall-Marathon

Merkers / 17.02.2019

## Detailed evaluation

**Gebhardt, Jens**

Club: Oerlinghausen

Number: 362

Course: 22.75 km

Halbmarathon

Category:

Senioren M30 (30-34 Jahre)

Total time: 1:47:13

Speed: 12.73 km/h

Running performance: 4:43 min/km

Rank in course/Total: 21 (of 244)

Rank in course/Men: 18 (of 179)

Best time in course: 1:31:15

Rank in category: 3(of 17)

Best time in the category: 1:41:52

### 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	14:09	4:21	3	1:07	13	1:11	3.25	14:09	4:21	3	1:07	13	1:11
Lap 2	3.25	14:19	4:24	3	0:47	16	1:15	6.50	28:28	4:22	3	1:54	15	2:08
Lap 3	3.25	14:50	4:33	3	0:36	18	1:40	9.75	43:18	4:26	3	2:30	17	3:48
Lap 4	3.25	15:21	4:43	3	0:49	22	2:21	13.00	58:39	4:30	3	3:19	17	6:09
Lap 5	3.25	16:09	4:58	8	0:59	32	3:22	16.25	1:14:48	4:36	3	4:18	19	9:31
Lap 6	3.25	16:15	5:00	4	0:35	27	3:21	19.50	1:31:03	4:40	3	4:51	19	12:52
Last lap Finish	3.25	16:10	4:58	4	1:00	26	3:06	22.75	1:47:13	4:42	3	5:21	19	34:57