



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Machel, Michael

Club: Triathlon Salzgitter

Number: 438

Course: 22.75 km

Halbmarathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:47:26

Speed: 12.29 km/h

Running performance: 4:43 min/km

Rank in course/Total: 22 (of 244)

Rank in course/Men: 19 (of 179)

Best time in course: 1:31:15

Rank in category: 5(of 29)

Best time in the category: 1:36:19

Intermediate times

Stage score

Total ranking

Control	Intermediate times					Stage score				Total ranking					
	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	15:31	4:46	10	2:33	41	2:33	3.25	15:31	4:46	10	2:33	41	2:33	
Lap 2	3.25	15:15	4:41	6	1:53	31	2:11	6.50	30:46	4:44	7	4:26	32	4:26	
Lap 3	3.25	15:26	4:44	6	2:06	28	2:16	9.75	46:12	4:44	6	6:32	29	6:42	
Lap 4	3.25	15:00	4:36	4	1:09	17	2:00	13.00	1:01:12	4:42	6	7:41	25	8:42	
Lap 5	3.25	15:24	4:44	6	1:08	20	2:37	16.25	1:16:36	4:42	6	8:49	25	11:19	
Lap 6	3.25	15:30	4:46	5	1:09	16	2:36	19.50	1:32:06	4:43	6	9:58	23	13:55	
Last lap Finish	3.25	15:20	4:43	5	1:09	17	2:16	22.75	1:47:26	4:43	5	11:07	20	35:10	