



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Gruner, Bernd

Club: KS Sportsworld

Number: 666

Course: 22.75 km

Halbmarathon

Category:

Senioren M35 (35-39 Jahre)

Total time: 1:50:30

Speed: 11.95 km/h

Running performance: 4:52 min/km

Rank in course/Total: 27 (of 244)

Rank in course/Men: 24 (of 179)

Best time in course: 1:31:15

Rank in category: 7(of 26)

Best time in the category: 1:33:42

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	14:31	4:28	5	1:24	17	1:33	3.25	14:31	4:28	5	1:24	17	1:33
Lap 2	3.25	14:30	4:27	7	1:17	19	1:26	6.50	29:01	4:27	6	2:37	17	2:41
Lap 3	3.25	15:00	4:36	7	1:26	22	1:50	9.75	44:01	4:30	6	4:03	18	4:31
Lap 4	3.25	15:31	4:46	8	2:06	24	2:31	13.00	59:32	4:34	7	6:08	20	7:02
Lap 5	3.25	15:57	4:54	8	2:33	27	3:10	16.25	1:15:29	4:38	7	8:41	22	10:12
Lap 6	3.25	17:00	5:13	8	3:25	36	4:06	19.50	1:32:29	4:44	7	12:06	24	14:18
Last lap Finish	3.25	18:01	5:32	10	4:42	61	4:57	22.75	1:50:30	4:51	7	16:48	25	38:14