



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Gerhardt, Tom

Club: USC Freiburg

Number: 364

Course: 22.75 km

Halbmarathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 1:52:23

Speed: 11.75 km/h

Running performance: 4:56 min/km

Rank in course/Total: 34 (of 244)

Rank in course/Men: 31 (of 179)

Best time in course: 1:31:15

Rank in category: 7(of 25)

Best time in the category: 1:31:15

Intermediate times

Stage score

Total ranking

Control	Split			Pos		Behind		Total			Pos		Behind	
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Lap 1	3.25	16:52	5:11	15	3:38	78	3:54	3.25	16:52	5:11	15	3:38	78	3:54
Lap 2	3.25	16:11	4:58	12	3:07	57	3:07	6.50	33:03	5:05	13	6:43	67	6:43
Lap 3	3.25	17:45	5:27	16	4:35	88	4:35	9.75	50:48	5:12	13	11:18	69	11:18
Lap 4	3.25	15:40	4:49	6	2:40	28	2:40	13.00	1:06:28	5:06	12	13:58	60	13:58
Lap 5	3.25	15:40	4:49	6	2:53	24	2:53	16.25	1:22:08	5:03	10	16:51	44	16:51
Lap 6	3.25	14:54	4:35	4	2:00	10	2:00	19.50	1:37:02	4:58	7	18:51	35	18:51
Last lap Finish	3.25	15:21	4:43	6	2:17	18	2:17	22.75	1:52:23	4:56	7	21:08	32	40:07