



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Rührschneck, Christian

Club: Klein aber zäh

Number: 471

Course: 22.75 km

Halbmarathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:52:54

Speed: 11.69 km/h

Running performance: 4:58 min/km

Rank in course/Total: 35 (of 244)

Rank in course/Men: 32 (of 179)

Best time in course: 1:31:15

Rank in category: 7(of 29)

Best time in the category: 1:36:19

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 | 15:55 | 4:53 | 12 | 2:57 | 54 | 2:57 | 3.25 | 15:55 | 4:53 | 12 | 2:57 | 54 | 2:57 |
| Lap 2 | 3.25 | 16:47 | 5:09 | 14 | 3:25 | 69 | 3:43 | 6.50 | 32:42 | 5:01 | 14 | 6:22 | 61 | 6:22 |
| Lap 3 | 3.25 | 16:51 | 5:11 | 14 | 3:31 | 57 | 3:41 | 9.75 | 49:33 | 5:04 | 14 | 9:53 | 62 | 10:03 |
| Lap 4 | 3.25 | 16:54 | 5:11 | 12 | 3:03 | 50 | 3:54 | 13.00 | 1:06:27 | 5:06 | 14 | 12:56 | 58 | 13:57 |
| Lap 5 | 3.25 | 16:19 | 5:01 | 8 | 2:03 | 36 | 3:32 | 16.25 | 1:22:46 | 5:05 | 13 | 14:59 | 51 | 17:29 |
| Lap 6 | 3.25 | 15:34 | 4:47 | 6 | 1:13 | 18 | 2:40 | 19.50 | 1:38:20 | 5:02 | 11 | 16:12 | 40 | 20:09 |
| Last lap Finish | 3.25 | 14:34 | 4:28 | 2 | 0:23 | 9 | 1:30 | 22.75 | 1:52:54 | 4:57 | 7 | 16:35 | 33 | 40:38 |