



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Krutzky, Dirk

Club: BMG

Number: 420

Course: 22.75 km

Halbmarathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:53:23

Speed: 11.64 km/h

Running performance: 4:59 min/km

Rank in course/Total: 36 (of 244)

Rank in course/Men: 33 (of 179)

Best time in course: 1:31:15

Rank in category: 8(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	15:57	4:54	13	2:59	56	2:59	3.25	15:57	4:54	13	2:59	56	2:59	
Lap 2	3.25	15:41	4:49	9	2:19	40	2:37	6.50	31:38	4:51	11	5:18	49	5:18	
Lap 3	3.25	15:43	4:50	7	2:23	34	2:33	9.75	47:21	4:51	11	7:41	41	7:51	
Lap 4	3.25	15:46	4:51	7	1:55	29	2:46	13.00	1:03:07	4:51	8	9:36	33	10:37	
Lap 5	3.25	16:00	4:55	7	1:44	28	3:13	16.25	1:19:07	4:52	7	11:20	30	13:50	
Lap 6	3.25	16:30	5:04	8	2:09	30	3:36	19.50	1:35:37	4:54	7	13:29	29	17:26	
Last lap Finish	3.25	17:46	5:28	12	3:35	54	4:42	22.75	1:53:23	4:59	8	17:04	34	41:07	