



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Held, Andreas

Club: Merseburg

Number: 382

Course: 22.75 km

Halbmarathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:54:12

Speed: 11.56 km/h

Running performance: 5:01 min/km

Rank in course/Total: 39 (of 244)

Rank in course/Men: 36 (of 179)

Best time in course: 1:31:15

Rank in category: 9(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	15:17	4:42	7	2:19	32	2:19	3.25	15:17	4:42	7	2:19	32	2:19	
Lap 2	3.25	15:48	4:51	11	2:26	47	2:44	6.50	31:05	4:46	9	4:45	37	4:45	
Lap 3	3.25	16:12	4:59	11	2:52	44	3:02	9.75	47:17	4:50	10	7:37	40	7:47	
Lap 4	3.25	16:37	5:06	10	2:46	41	3:37	13.00	1:03:54	4:54	10	10:23	40	11:24	
Lap 5	3.25	16:43	5:08	9	2:27	43	3:56	16.25	1:20:37	4:57	10	12:50	39	15:20	
Lap 6	3.25	17:00	5:13	9	2:39	36	4:06	19.50	1:37:37	5:00	9	15:29	37	19:26	
Last lap Finish	3.25	16:35	5:06	8	2:24	32	3:31	22.75	1:54:12	5:01	9	17:53	37	41:56	