



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Zinn, Michael

Club: DekaBank Sport e.V.

Number: 543

Course: 22.75 km

Halbmarathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:54:48

Speed: 11.50 km/h

Running performance: 5:03 min/km

Rank in course/Total: 42 (of 244)

Rank in course/Men: 38 (of 179)

Best time in course: 1:31:15

Rank in category: 10(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	15:24	4:44	9	2:26	40	2:26	3.25	15:24	4:44	9	2:26	40	2:26
Lap 2	3.25	15:42	4:49	10	2:20	41	2:38	6.50	31:06	4:47	10	4:46	38	4:46
Lap 3	3.25	16:01	4:55	10	2:41	39	2:51	9.75	47:07	4:49	9	7:27	36	7:37
Lap 4	3.25	16:18	5:00	8	2:27	38	3:18	13.00	1:03:25	4:52	9	9:54	36	10:55
Lap 5	3.25	16:46	5:09	10	2:30	44	3:59	16.25	1:20:11	4:56	9	12:24	37	14:54
Lap 6	3.25	17:14	5:18	10	2:53	41	4:20	19.50	1:37:25	4:59	8	15:17	36	19:14
Last lap Finish	3.25	17:23	5:20	9	3:12	46	4:19	22.75	1:54:48	5:02	10	18:29	39	42:32