



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Wrozyna, Waldemar

Club: Löwenläufer Braunschweig

Number: 540

Course: 22.75 km

Halbmarathon

Category:

Senioren M55 (55-59 Jahre)

Total time: 1:54:58

Speed: 11.48 km/h

Running performance: 5:03 min/km

Rank in course/Total: 43 (of 244)

Rank in course/Men: 39 (of 179)

Best time in course: 1:31:15

Rank in category: 2(of 22)

Best time in the category: 1:53:58

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 | 15:59 | 4:55 | 3 | 0:23 | 57 | 3:01 | 3.25 | 15:59 | 4:55 | 3 | 0:23 | 57 | 3:01 | |
| Lap 2 | 3.25 | 15:51 | 4:52 | 2 | 0:19 | 49 | 2:47 | 6.50 | 31:50 | 4:53 | 2 | 0:27 | 52 | 5:30 | |
| Lap 3 | 3.25 | 16:29 | 5:04 | 2 | 0:47 | 48 | 3:19 | 9.75 | 48:19 | 4:57 | 2 | 1:14 | 50 | 8:49 | |
| Lap 4 | 3.25 | 16:53 | 5:11 | 2 | 0:47 | 48 | 3:53 | 13.00 | 1:05:12 | 5:00 | 2 | 2:01 | 49 | 12:42 | |
| Lap 5 | 3.25 | 17:06 | 5:15 | 2 | 0:29 | 48 | 4:19 | 16.25 | 1:22:18 | 5:03 | 2 | 2:30 | 48 | 17:01 | |
| Lap 6 | 3.25 | 16:39 | 5:07 | 1 | - | 32 | 3:45 | 19.50 | 1:38:57 | 5:04 | 2 | 2:08 | 42 | 20:46 | |
| Last lap Finish | 3.25 | 16:01 | 4:55 | 1 | - | 24 | 2:57 | 22.75 | 1:54:58 | 5:03 | 2 | 1:00 | 40 | 42:42 | |