



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	