



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Gilmer, Michael

Club: LT Freigericht

Number: 365

Course: 22.75 km

Halbmarathon

Category:

Senioren M50 (50-54 Jahre)

Total time: 1:57:07

Speed: 11.66 km/h

Running performance: 5:09 min/km

Rank in course/Total: 50 (of 244)

Rank in course/Men: 45 (of 179)

Best time in course: 1:31:15

Rank in category: 1(of 38)

Best time in the category: 1:57:07

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	15:23	4:44	3	0:04	38	2:25	3.25	15:23	4:44	3	0:04	38	2:25	
Lap 2	3.25	15:46	4:51	3	0:17	45	2:42	6.50	31:09	4:47	2	0:21	39	4:49	
Lap 3	3.25	16:41	5:08	6	1:58	53	3:31	9.75	47:50	4:54	2	0:43	47	8:20	
Lap 4	3.25	16:56	5:12	5	0:42	53	3:56	13.00	1:04:46	4:58	2	0:01	47	12:16	
Lap 5	3.25	17:22	5:20	5	1:45	54	4:35	16.25	1:22:08	5:03	2	0:30	44	16:51	
Lap 6	3.25	17:26	5:21	2	0:07	46	4:32	19.50	1:39:34	5:06	1	-	45	21:23	
Last lap Finish	3.25	17:33	5:24	5	0:26	50	4:29	22.75	1:57:07	5:08	2	44:51	46	44:51	