



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Koch, Christian

Club: TV Gladenbach

Number: 410

Course: 22.75 km

Halbmarathon

Category:

Senioren M35 (35-39 Jahre)

Total time: 1:58:29

Speed: 11.14 km/h

Running performance: 5:13 min/km

Rank in course/Total: 55 (of 244)

Rank in course/Men: 49 (of 179)

Best time in course: 1:31:15

Rank in category: 9(of 26)

Best time in the category: 1:33:42

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	14:43	4:31	7	1:36	22	1:45	3.25	14:43	4:31	7	1:36	22	1:45
Lap 2	3.25	15:45	4:50	10	2:32	44	2:41	6.50	30:28	4:41	10	4:04	30	4:08
Lap 3	3.25	16:43	5:08	10	3:09	55	3:33	9.75	47:11	4:50	10	7:13	39	7:41
Lap 4	3.25	17:05	5:15	10	3:40	58	4:05	13.00	1:04:16	4:56	10	10:52	42	11:46
Lap 5	3.25	18:07	5:34	13	4:43	73	5:20	16.25	1:22:23	5:04	10	15:35	49	17:06
Lap 6	3.25	17:56	5:31	10	4:21	56	5:02	19.50	1:40:19	5:08	9	19:56	50	22:08
Last lap Finish	3.25	18:10	5:35	11	4:51	62	5:06	22.75	1:58:29	5:12	9	24:47	50	46:13