



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Ayan, Ismail

Club: Salzgitter

Number: 306

Course: 22.75 km

Halbmarathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 1:58:24

Speed: 11.53 km/h

Running performance: 5:12 min/km

Rank in course/Total: 54 (of 244)

Rank in course/Men: 48 (of 179)

Best time in course: 1:31:15

Rank in category: 10(of 25)

Best time in the category: 1:31:15

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			Men	Men								km
Lap 1	3.25	15:39	4:48	8	2:25	46	2:41	3.25	15:39	4:48	8	2:25	46	2:41
Lap 2	3.25	15:39	4:48	7	2:35	38	2:35	6.50	31:18	4:48	8	4:58	43	4:58
Lap 3	3.25	16:04	4:56	8	2:54	41	2:54	9.75	47:22	4:51	8	7:52	42	7:52
Lap 4	3.25	16:45	5:09	9	3:45	43	3:45	13.00	1:04:07	4:55	8	11:37	41	11:37
Lap 5	3.25	17:27	5:22	11	4:40	59	4:40	16.25	1:21:34	5:01	8	16:17	41	16:17
Lap 6	3.25	18:14	5:36	11	5:20	63	5:20	19.50	1:39:48	5:07	10	21:37	48	21:37
Last lap Finish	3.25	18:36	5:43	12	5:32	67	5:32	22.75	1:58:24	5:12	10	27:09	49	46:08