



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Straus, Benjamin

Club: Bad Kreuznach

Number: 507

Course: 22.75 km

Halbmarathon

Category:

Senioren M35 (35-39 Jahre)

Total time: 1:58:36

Speed: 11.13 km/h

Running performance: 5:13 min/km

Rank in course/Total: 56 (of 244)

Rank in course/Men: 50 (of 179)

Best time in course: 1:31:15

Rank in category: 10(of 26)

Best time in the category: 1:33:42

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	17:12	5:17	15	4:05	81	4:14	3.25	17:12	5:17	15	4:05	81	4:14
Lap 2	3.25	16:34	5:05	13	3:21	65	3:30	6.50	33:46	5:11	14	7:22	76	7:26
Lap 3	3.25	17:11	5:17	13	3:37	67	4:01	9.75	50:57	5:13	14	10:59	74	11:27
Lap 4	3.25	17:30	5:23	12	4:05	66	4:30	13.00	1:08:27	5:15	13	15:03	71	15:57
Lap 5	3.25	16:38	5:07	9	3:14	42	3:51	16.25	1:25:05	5:14	12	18:17	62	19:48
Lap 6	3.25	16:49	5:10	7	3:14	34	3:55	19.50	1:41:54	5:13	10	21:31	55	23:43
Last lap Finish	3.25	16:42	5:08	7	3:23	35	3:38	22.75	1:58:36	5:12	10	24:54	51	46:20