



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: 11.51 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 | |