



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Löwe, Sten

Club: LAC Eichsfeld / Team Eichsfeld

Number: 726

Course: 22.75 km

Halbmarathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 1:59:22

Speed: 11.06 km/h

Running performance: 5:15 min/km

Rank in course/Total: 60 (of 244)

Rank in course/Men: 54 (of 179)

Best time in course: 1:31:15

Rank in category: 11(of 25)

Best time in the category: 1:31:15

Intermediate times					Stage score				Total ranking					
Control	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	16:25	5:03	13	3:11	69	3:27	3.25	16:25	5:03	13	3:11	69	3:27
Lap 2	3.25	16:06	4:57	11	3:02	54	3:02	6.50	32:31	5:00	10	6:11	57	6:11
Lap 3	3.25	16:16	5:00	10	3:06	46	3:06	9.75	48:47	5:00	11	9:17	55	9:17
Lap 4	3.25	16:57	5:12	11	3:57	54	3:57	13.00	1:05:44	5:03	11	13:14	53	13:14
Lap 5	3.25	17:18	5:19	9	4:31	53	4:31	16.25	1:23:02	5:06	11	17:45	54	17:45
Lap 6	3.25	17:58	5:31	9	5:04	57	5:04	19.50	1:41:00	5:10	11	22:49	53	22:49
Last lap Finish	3.25	18:22	5:39	11	5:18	65	5:18	22.75	1:59:22	5:14	11	28:07	55	47:06