



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Ledig, Michael

Club: Sv 1885 Teutschenthal

Number: 426

Course: 22.75 km

Halbmarathon

Category:

Senioren M35 (35-39 Jahre)

Total time: 2:00:39

Speed: 11.31 km/h

Running performance: 5:18 min/km

Rank in course/Total: 64 (of 244)

Rank in course/Men: 57 (of 179)

Best time in course: 1:31:15

Rank in category: 11(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	15:18	4:42	12	2:11	33	2:20	3.25	15:18	4:42	12	2:11	33	2:20	
Lap 2	3.25	15:57	4:54	11	2:44	51	2:53	6.50	31:15	4:48	12	4:51	42	4:55	
Lap 3	3.25	17:09	5:16	12	3:35	65	3:59	9.75	48:24	4:57	12	8:26	51	8:54	
Lap 4	3.25	17:22	5:20	11	3:57	63	4:22	13.00	1:05:46	5:03	11	12:22	54	13:16	
Lap 5	3.25	18:47	5:46	15	5:23	89	6:00	16.25	1:24:33	5:12	11	17:45	59	19:16	
Lap 6	3.25	18:47	5:46	13	5:12	78	5:53	19.50	1:43:20	5:17	11	22:57	62	25:09	
Last lap Finish	3.25	17:19	5:19	8	4:00	44	4:15	22.75	2:00:39	5:18	11	26:57	58	48:23	