



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Göcking, Thomas

Club: Wartburg- Sparkasse

Number: 367

Course: 22.75 km

Halbmarathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 2:02:15

Speed: 10.80 km/h

Running performance: 5:22 min/km

Rank in course/Total: 70 (of 244)

Rank in course/Men: 62 (of 179)

Best time in course: 1:31:15

Rank in category: 13(of 29)

Best time in the category: 1:36:19

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	18:34	5:42	21	5:36	124	5:36	3.25	18:34	5:42	21	5:36	124	5:36
Lap 2	3.25	16:48	5:10	15	3:26	72	3:44	6.50	35:22	5:26	17	9:02	99	9:02
Lap 3	3.25	17:25	5:21	15	4:05	77	4:15	9.75	52:47	5:24	17	13:07	96	13:17
Lap 4	3.25	17:09	5:16	13	3:18	59	4:09	13.00	1:09:56	5:22	16	16:25	86	17:26
Lap 5	3.25	17:16	5:18	12	3:00	52	4:29	16.25	1:27:12	5:21	15	19:25	76	21:55
Lap 6	3.25	17:33	5:24	11	3:12	49	4:39	19.50	1:44:45	5:22	15	22:37	68	26:34
Last lap Finish	3.25	17:30	5:23	10	3:19	47	4:26	22.75	2:02:15	5:22	13	25:56	63	49:59