



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Amann, Thomas

Club: Neuhausen

Number: 303

Course: 22.75 km

Halbmarathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 2:02:48

Speed: 11.12 km/h

Running performance: 5:24 min/km

Rank in course/Total: 74 (of 244)

Rank in course/Men: 65 (of 179)

Best time in course: 1:31:15

Rank in category: 15(of 29)

Best time in the category: 1:36:19

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
Lap 1	3.25	15:53	4:53	11	2:55	51	2:55	3.25	15:53	4:53	11	2:55	51	2:55
Lap 2	3.25	16:08	4:57	13	2:46	55	3:04	6.50	32:01	4:55	13	5:41	53	5:41
Lap 3	3.25	16:30	5:04	12	3:10	49	3:20	9.75	48:31	4:58	13	8:51	52	9:01
Lap 4	3.25	17:10	5:16	14	3:19	60	4:10	13.00	1:05:41	5:03	13	12:10	52	13:11
Lap 5	3.25	17:51	5:29	14	3:35	66	5:04	16.25	1:23:32	5:08	14	15:45	56	18:15
Lap 6	3.25	19:15	5:55	13	4:54	88	6:21	19.50	1:42:47	5:16	13	20:39	58	24:36
Last lap Finish	3.25	20:01	6:09	18	5:50	105	6:57	22.75	2:02:48	5:23	15	26:29	66	50:32