



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Bönsel, Jörg

Club: Herbstein-Lanzenhain

Number: 320

Course: 22.75 km

Halbmarathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 2:03:22

Speed: 10.70 km/h

Running performance: 5:25 min/km

Rank in course/Total: 78 (of 244)

Rank in course/Men: 69 (of 179)

Best time in course: 1:31:15

Rank in category: 13(of 25)

Best time in the category: 1:31:15

Intermediate times

Stage score

Total ranking

Control	Intermediate times				Stage score				Total ranking					
	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	17:18	5:19	17	4:04	89	4:20	3.25	17:18	5:19	17	4:04	89	4:20
Lap 2	3.25	17:03	5:14	16	3:59	85	3:59	6.50	34:21	5:17	17	8:01	88	8:01
Lap 3	3.25	17:40	5:26	15	4:30	84	4:30	9.75	52:01	5:20	16	12:31	86	12:31
Lap 4	3.25	17:33	5:24	15	4:33	68	4:33	13.00	1:09:34	5:21	16	17:04	83	17:04
Lap 5	3.25	17:55	5:30	14	5:08	67	5:08	16.25	1:27:29	5:23	16	22:12	79	22:12
Lap 6	3.25	18:15	5:36	13	5:21	65	5:21	19.50	1:45:44	5:25	15	27:33	75	27:33
Last lap Finish	3.25	17:38	5:25	10	4:34	53	4:34	22.75	2:03:22	5:25	13	32:07	70	51:06