



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Ehlert, Sebastian

Club: Zahntechnik Berlin

Number: 349

Course: 22.75 km

Halbmarathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 2:04:07

Speed: 10.64 km/h

Running performance: 5:28 min/km

Rank in course/Total: 83 (of 244)

Rank in course/Men: 73 (of 179)

Best time in course: 1:31:15

Rank in category: 14(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	16:14	4:59	12	3:00	66	3:16	3.25	16:14	4:59	12	3:00	66	3:16
Lap 2	3.25	16:49	5:10	13	3:45	73	3:45	6.50	33:03	5:05	13	6:43	67	6:43
Lap 3	3.25	18:01	5:32	18	4:51	101	4:51	9.75	51:04	5:14	14	11:34	77	11:34
Lap 4	3.25	17:25	5:21	14	4:25	64	4:25	13.00	1:08:29	5:16	14	15:59	73	15:59
Lap 5	3.25	17:47	5:28	13	5:00	64	5:00	16.25	1:26:16	5:18	15	20:59	71	20:59
Lap 6	3.25	18:37	5:43	15	5:43	72	5:43	19.50	1:44:53	5:22	13	26:42	69	26:42
Last lap Finish	3.25	19:14	5:55	14	6:10	76	6:10	22.75	2:04:07	5:27	14	32:52	74	51:51