



# 13. Kristall-Marathon

Merkers / 17.02.2019

## Detailed evaluation

**Knierim, Achim**

Club: Running Team Grafenberg

Number: 408

Course: 22.75 km

Halbmarathon

Category:

Senioren M50 (50-54 Jahre)

Total time: 2:04:24

Speed: 10.61 km/h

Running performance: 5:28 min/km

Rank in course/Total: 84 (of 244)

Rank in course/Men: 74 (of 179)

Best time in course: 1:31:15

Rank in category: 12(of 38)

Best time in the category: 1:57:07

### Intermediate times

### Stage score

### Total ranking

| Control         | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |  |
|-----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|--|
|                 |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |  |
| Lap 1           | 3.25        | 16:12         | 4:59            | 8           | 0:53           | 64          | 3:14          | 3.25          | 16:12         | 4:59            | 8           | 0:53           | 64         | 3:14          |  |
| Lap 2           | 3.25        | 16:26         | 5:03            | 9           | 0:57           | 62          | 3:22          | 6.50          | 32:38         | 5:01            | 6           | 1:50           | 59         | 6:18          |  |
| Lap 3           | 3.25        | 17:02         | 5:14            | 9           | 2:19           | 60          | 3:52          | 9.75          | 49:40         | 5:05            | 8           | 2:33           | 63         | 10:10         |  |
| Lap 4           | 3.25        | 17:38         | 5:25            | 9           | 1:24           | 72          | 4:38          | 13.00         | 1:07:18       | 5:10            | 8           | 2:33           | 63         | 14:48         |  |
| Lap 5           | 3.25        | 18:33         | 5:42            | 14          | 2:56           | 84          | 5:46          | 16.25         | 1:25:51       | 5:16            | 9           | 4:13           | 67         | 20:34         |  |
| Lap 6           | 3.25        | 19:13         | 5:54            | 17          | 1:54           | 85          | 6:19          | 19.50         | 1:45:04       | 5:23            | 11          | 5:30           | 71         | 26:53         |  |
| Last lap Finish | 3.25        | 19:20         | 5:56            | 16          | 2:13           | 83          | 6:16          | 22.75         | 2:04:24       | 5:28            | 13          | 52:08          | 75         | 52:08         |  |