



# 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: 10.97 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 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	16:12	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