



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Deckenbach, Jan

Club: LT Freigericht

Number: 335

Course: 22.75 km

Halbmarathon

Category:

Senioren M35 (35-39 Jahre)

Total time: 2:07:25

Speed: 10.71 km/h

Running performance: 5:36 min/km

Rank in course/Total: 99 (of 244)

Rank in course/Men: 83 (of 179)

Best time in course: 1:31:15

Rank in category: 14(of 26)

Best time in the category: 1:33:42

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Lap 1	3.25	17:14	5:18	17	4:07	83	4:16	3.25	17:14	5:18	17	4:07	83	4:16
Lap 2	3.25	16:53	5:11	15	3:40	75	3:49	6.50	34:07	5:14	16	7:43	83	7:47
Lap 3	3.25	17:36	5:24	15	4:02	81	4:26	9.75	51:43	5:18	16	11:45	81	12:13
Lap 4	3.25	17:54	5:30	14	4:29	79	4:54	13.00	1:09:37	5:21	16	16:13	84	17:07
Lap 5	3.25	18:24	5:39	14	5:00	80	5:37	16.25	1:28:01	5:24	15	21:13	83	22:44
Lap 6	3.25	19:14	5:55	14	5:39	87	6:20	19.50	1:47:15	5:30	15	26:52	82	29:04
Last lap Finish	3.25	20:10	6:12	15	6:51	110	7:06	22.75	2:07:25	5:36	14	33:43	84	55:09