



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Van Nuland, Marco

Club: Adidas Runners Frankfurt

Number: 517

Course: 22.75 km

Halbmarathon

Category:

Senioren M35 (35-39 Jahre)

Total time: 2:07:43

Speed: 10.34 km/h

Running performance: 5:37 min/km

Rank in course/Total: 102 (of 244)

Rank in course/Men: 85 (of 179)

Best time in course: 1:31:15

Rank in category: 15(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	3.25	15:59	4:55	13	2:52	57	3:01	3.25	15:59	4:55	13	2:52	57	3:01
Lap 2	3.25	17:10	5:16	16	3:57	90	4:06	6.50	33:09	5:05	13	6:45	71	6:49
Lap 3	3.25	17:45	5:27	16	4:11	88	4:35	9.75	50:54	5:13	13	10:56	72	11:24
Lap 4	3.25	18:19	5:38	15	4:54	90	5:19	13.00	1:09:13	5:19	15	15:49	79	16:43
Lap 5	3.25	19:09	5:53	18	5:45	100	6:22	16.25	1:28:22	5:26	16	21:34	85	23:05
Lap 6	3.25	19:46	6:04	15	6:11	98	6:52	19.50	1:48:08	5:32	16	27:45	89	29:57
Last lap Finish	3.25	19:35	6:01	14	6:16	93	6:31	22.75	2:07:43	5:36	15	34:01	86	55:27