



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: 10.69 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 | Intermediate times | | | | | Stage score | | | Total ranking | | | | | |
|-----------------|--------------------|------------|--------------|----------|-------------|-------------|------------|----------|---------------|--------------|----------|-------------|---------|------------|
| | 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 |