



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Ständer, Mathias

Club: Borussia Dortmund

Number: 502

Course: 22.75 km

Halbmarathon

Category:

Senioren M50 (50-54 Jahre)

Total time: 2:07:50

Speed: 10.33 km/h

Running performance: 5:37 min/km

Rank in course/Total: 103 (of 244)

Rank in course/Men: 86 (of 179)

Best time in course: 1:31:15

Rank in category: 15(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.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	3.25	15:52	4:52	5	0:33	49	2:54	3.25	15:52	4:52	5	0:33	49	2:54
Lap 2	3.25	16:58	5:13	14	1:29	80	3:54	6.50	32:50	5:03	8	2:02	64	6:30
Lap 3	3.25	17:21	5:20	11	2:38	73	4:11	9.75	50:11	5:08	9	3:04	65	10:41
Lap 4	3.25	18:06	5:34	13	1:52	82	5:06	13.00	1:08:17	5:15	10	3:32	69	15:47
Lap 5	3.25	19:22	5:57	21	3:45	108	6:35	16.25	1:27:39	5:23	13	6:01	81	22:22
Lap 6	3.25	20:27	6:17	24	3:08	121	7:33	19.50	1:48:06	5:32	15	8:32	88	29:55
Last lap Finish	3.25	19:44	6:04	20	2:37	97	6:40	22.75	2:07:50	5:37	16	55:34	87	55:34