



# 13. Kristall-Marathon

Merkers / 17.02.2019

## Detailed evaluation

**Eßer, Michael**

Club: Viktoria Manheim

Number: 354

Course: 22.75 km

Halbmarathon

Category:

Männer (20-29 Jahre)

Total time: 2:07:50

Speed: 10.33 km/h

Running performance: 5:37 min/km

Rank in course/Total: 104 (of 244)

Rank in course/Men: 86 (of 179)

Best time in course: 1:31:15

Rank in category: 4(of 7)

Best time in the category: 1:37:37

### Intermediate times

### Stage score

### Total ranking

| Control         | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |
|-----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
|                 |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |
| Lap 1           | 3.25        | 15:52         | 4:52            | 2           | 0:56           | 49          | 2:54          | 3.25          | 15:52         | 4:52            | 2           | 0:56           | 49         | 2:54          |
| Lap 2           | 3.25        | 16:58         | 5:13            | 4           | 2:43           | 80          | 3:54          | 6.50          | 32:50         | 5:03            | 3           | 3:39           | 64         | 6:30          |
| Lap 3           | 3.25        | 17:21         | 5:20            | 4           | 3:22           | 73          | 4:11          | 9.75          | 50:11         | 5:08            | 3           | 7:01           | 65         | 10:41         |
| Lap 4           | 3.25        | 18:06         | 5:34            | 4           | 4:24           | 82          | 5:06          | 13.00         | 1:08:17       | 5:15            | 4           | 11:25          | 69         | 15:47         |
| Lap 5           | 3.25        | 19:22         | 5:57            | 4           | 5:49           | 108         | 6:35          | 16.25         | 1:27:39       | 5:23            | 4           | 17:14          | 81         | 22:22         |
| Lap 6           | 3.25        | 20:26         | 6:17            | 6           | 6:55           | 119         | 7:32          | 19.50         | 1:48:05       | 5:32            | 4           | 24:09          | 87         | 29:54         |
| Last lap Finish | 3.25        | 19:45         | 6:04            | 4           | 6:04           | 98          | 6:41          | 22.75         | 2:07:50       | 5:37            | 4           | 30:13          | 87         | 55:34         |