



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: 10.68 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	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	15:52	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	