



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Kubis, Kay

Club: Hawk Lake Runners

Number: 718

Course: 22.75 km

Halbmarathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 2:09:21

Speed: 10.20 km/h

Running performance: 5:41 min/km

Rank in course/Total: 109 (of 244)

Rank in course/Men: 92 (of 179)

Best time in course: 1:31:15

Rank in category: 16(of 29)

Best time in the category: 1:36:19

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	16:05	4:56	14	3:07	61	3:07	3.25	16:05	4:56	14	3:07	61	3:07	
Lap 2	3.25	16:51	5:11	16	3:29	74	3:47	6.50	32:56	5:03	15	6:36	66	6:36	
Lap 3	3.25	18:05	5:33	16	4:45	103	4:55	9.75	51:01	5:13	15	11:21	76	11:31	
Lap 4	3.25	18:05	5:33	16	4:14	81	5:05	13.00	1:09:06	5:18	15	15:35	77	16:36	
Lap 5	3.25	19:00	5:50	17	4:44	95	6:13	16.25	1:28:06	5:25	16	20:19	84	22:49	
Lap 6	3.25	19:48	6:05	18	5:27	100	6:54	19.50	1:47:54	5:31	16	25:46	86	29:43	
Last lap Finish	3.25	21:27	6:35	20	7:16	127	8:23	22.75	2:09:21	5:41	16	33:02	93	57:05	