



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Rudolph, Alexander

Club: Ford FCSD 05

Number: 470

Course: 22.75 km

Halbmarathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 2:12:22

Speed: 9.97 km/h

Running performance: 5:49 min/km

Rank in course/Total: 119 (of 244)

Rank in course/Men: 99 (of 179)

Best time in course: 1:31:15

Rank in category: 18(of 25)

Best time in the category: 1:31:15

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	17:24	5:21	18	4:10	93	4:26	3.25	17:24	5:21	18	4:10	93	4:26	
Lap 2	3.25	17:11	5:17	17	4:07	91	4:07	6.50	34:35	5:19	18	8:15	93	8:15	
Lap 3	3.25	18:30	5:41	19	5:20	112	5:20	9.75	53:05	5:26	19	13:35	99	13:35	
Lap 4	3.25	19:11	5:54	18	6:11	109	6:11	13.00	1:12:16	5:33	18	19:46	98	19:46	
Lap 5	3.25	19:34	6:01	17	6:47	113	6:47	16.25	1:31:50	5:39	18	26:33	101	26:33	
Lap 6	3.25	20:06	6:11	17	7:12	107	7:12	19.50	1:51:56	5:44	18	33:45	103	33:45	
Last lap Finish	3.25	20:26	6:17	20	7:22	113	7:22	22.75	2:12:22	5:49	18	41:07	100	1:00:06	