



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Meißnest, Bernd

Club: LG Burg Wiedenbrück

Number: 442

Course: 22.75 km

Halbmarathon

Category:

Senioren M50 (50-54 Jahre)

Total time: 2:12:23

Speed: 9.97 km/h

Running performance: 5:49 min/km

Rank in course/Total: 120 (of 244)

Rank in course/Men: 100 (of 179)

Best time in course: 1:31:15

Rank in category: 18(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	18:23	5:39	20	3:04	119	5:25	3.25	18:23	5:39	20	3:04	119	5:25
Lap 2	3.25	18:06	5:34	20	2:37	111	5:02	6.50	36:29	5:36	20	5:41	112	10:09
Lap 3	3.25	18:25	5:40	20	3:42	109	5:15	9.75	54:54	5:37	20	7:47	110	15:24
Lap 4	3.25	19:22	5:57	20	3:08	112	6:22	13.00	1:14:16	5:42	19	9:31	110	21:46
Lap 5	3.25	19:28	5:59	22	3:51	110	6:41	16.25	1:33:44	5:46	19	12:06	109	28:27
Lap 6	3.25	19:25	5:58	18	2:06	90	6:31	19.50	1:53:09	5:48	19	13:35	109	34:58
Last lap Finish	3.25	19:14	5:55	12	2:07	76	6:10	22.75	2:12:23	5:49	19	1:00:07	101	1:00:07