



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 |