



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

De Zolt, Marco

Club: Friedrichsdorf

Number: 334

Course: 22.75 km

Halbmarathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 2:12:32

Speed: 9.96 km/h

Running performance: 5:50 min/km

Rank in course/Total: 121 (of 244)

Rank in course/Men: 101 (of 179)

Best time in course: 1:31:15

Rank in category: 19(of 25)

Best time in the category: 1:31:15

Intermediate times

Stage score

Total ranking

Control	Split			Pos		Behind		Total			Pos		Behind	
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Lap 1	3.25	16:02	4:56	10	2:48	60	3:04	3.25	16:02	4:56	10	2:48	60	3:04
Lap 2	3.25	17:43	5:27	19	4:39	100	4:39	6.50	33:45	5:11	15	7:25	75	7:25
Lap 3	3.25	18:48	5:47	21	5:38	118	5:38	9.75	52:33	5:23	17	13:03	95	13:03
Lap 4	3.25	19:52	6:06	20	6:52	134	6:52	13.00	1:12:25	5:34	19	19:55	100	19:55
Lap 5	3.25	19:54	6:07	18	7:07	122	7:07	16.25	1:32:19	5:40	19	27:02	104	27:02
Lap 6	3.25	20:26	6:17	18	7:32	119	7:32	19.50	1:52:45	5:46	19	34:34	106	34:34
Last lap Finish	3.25	19:47	6:05	16	6:43	100	6:43	22.75	2:12:32	5:49	19	41:17	102	1:00:16