



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Diedrich, Werner

Club: Kanalrunner Dorsten

Number: 338

Course: 22.75 km

Halbmarathon

Category:

Senioren M60 (60-64 Jahre)

Total time: 2:13:35

Speed: 10.22 km/h

Running performance: 5:52 min/km

Rank in course/Total: 123 (of 244)

Rank in course/Men: 103 (of 179)

Best time in course: 1:31:15

Rank in category: 5(of 12)

Best time in the category: 1:52:06

Intermediate times

Stage score

Total ranking

Control	Intermediate times				Stage score				Total ranking					
	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	3.25	19:57	6:08	9	4:04	149	6:59	3.25	19:57	6:08	9	4:04	149	6:59
Lap 2	3.25	18:40	5:44	7	2:50	125	5:36	6.50	38:37	5:56	8	6:54	137	12:17
Lap 3	3.25	18:41	5:44	4	2:45	115	5:31	9.75	57:18	5:52	7	9:39	133	17:48
Lap 4	3.25	18:42	5:45	4	2:45	99	5:42	13.00	1:16:00	5:50	7	12:24	125	23:30
Lap 5	3.25	18:51	5:48	4	2:38	90	6:04	16.25	1:34:51	5:50	6	15:02	117	29:34
Lap 6	3.25	19:26	5:58	5	3:18	91	6:32	19.50	1:54:17	5:51	5	18:20	111	36:06
Last lap Finish	3.25	19:18	5:56	5	3:09	81	6:14	22.75	2:13:35	5:52	5	21:29	104	1:01:19