



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Herberich, Günter

Club: SV Mondfeld

Number: 385

Course: 22.75 km

Halbmarathon

Category:

Senioren M55 (55-59 Jahre)

Total time: 2:13:57

Speed: 9.85 km/h

Running performance: 5:53 min/km

Rank in course/Total: 126 (of 244)

Rank in course/Men: 105 (of 179)

Best time in course: 1:31:15

Rank in category: 11(of 22)

Best time in the category: 1:53:58

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Pos Cat.	Behind Cat.	Total ranking		
						Pos Men	Behind Men	Total km	Total Time			Total min/km	Pos Men	Behind Men
Lap 1	3.25	18:17	5:37	12	2:41	117	5:19	3.25	18:17	5:37	12	2:41	117	5:19
Lap 2	3.25	18:11	5:35	11	2:39	116	5:07	6.50	36:28	5:36	10	5:05	110	10:08
Lap 3	3.25	19:12	5:54	14	3:30	128	6:02	9.75	55:40	5:42	12	8:35	118	16:10
Lap 4	3.25	19:27	5:59	15	3:21	119	6:27	13.00	1:15:07	5:46	14	11:56	119	22:37
Lap 5	3.25	19:31	6:00	12	2:54	111	6:44	16.25	1:34:38	5:49	14	14:50	115	29:21
Lap 6	3.25	19:49	6:05	9	3:10	101	6:55	19.50	1:54:27	5:52	12	17:38	113	36:16
Last lap Finish	3.25	19:30	6:00	9	3:29	87	6:26	22.75	2:13:57	5:53	11	19:59	106	1:01:41