



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Holland-Moritz, Daniel

Club: Schmalkalden

Number: 388

Course: 22.75 km

Halbmarathon

Category:

Senioren M30 (30-34 Jahre)

Total time: 2:13:57

Speed: 10.19 km/h

Running performance: 5:53 min/km

Rank in course/Total: 127 (of 244)

Rank in course/Men: 105 (of 179)

Best time in course: 1:31:15

Rank in category: 14(of 17)

Best time in the category: 1:41:52

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	18:38	5:44	16	5:36	128	5:40	3.25	18:38	5:44	16	5:36	128	5:40	
Lap 2	3.25	17:41	5:26	15	4:09	99	4:37	6.50	36:19	5:35	15	9:45	108	9:59	
Lap 3	3.25	17:55	5:30	15	3:41	95	4:45	9.75	54:14	5:33	15	13:26	106	14:44	
Lap 4	3.25	18:26	5:40	15	3:54	95	5:26	13.00	1:12:40	5:35	15	17:20	103	20:10	
Lap 5	3.25	19:37	6:02	15	4:27	115	6:50	16.25	1:32:17	5:40	15	21:47	103	27:00	
Lap 6	3.25	20:25	6:16	15	4:45	118	7:31	19.50	1:52:42	5:46	15	26:30	104	34:31	
Last lap Finish	3.25	21:15	6:32	14	6:05	124	8:11	22.75	2:13:57	5:53	14	32:05	106	1:01:41	