



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Grunebach, Jason

Club: team-naunheim.de

Number: 369

Course: 22.75 km

Halbmarathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 2:14:07

Speed: 10.18 km/h

Running performance: 5:54 min/km

Rank in course/Total: 128 (of 244)

Rank in course/Men: 107 (of 179)

Best time in course: 1:31:15

Rank in category: 20(of 25)

Best time in the category: 1:31:15

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	17:28	5:22	19	4:14	95	4:30	3.25	17:28	5:22	19	4:14	95	4:30
Lap 2	3.25	17:55	5:30	21	4:51	106	4:51	6.50	35:23	5:26	20	9:03	100	9:03
Lap 3	3.25	17:51	5:29	17	4:41	92	4:41	9.75	53:14	5:27	20	13:44	100	13:44
Lap 4	3.25	19:25	5:58	19	6:25	117	6:25	13.00	1:12:39	5:35	20	20:09	102	20:09
Lap 5	3.25	20:36	6:20	21	7:49	139	7:49	16.25	1:33:15	5:44	20	27:58	108	27:58
Lap 6	3.25	21:01	6:28	19	8:07	126	8:07	19.50	1:54:16	5:51	20	36:05	110	36:05
Last lap Finish	3.25	19:51	6:06	17	6:47	102	6:47	22.75	2:14:07	5:53	20	42:52	108	1:01:51