



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Sander, Dietmar

Club: LG Burg Wiedenbrück

Number: 475

Course: 22.75 km

Halbmarathon

Category:

Senioren M55 (55-59 Jahre)

Total time: 2:14:30

Speed: 9.81 km/h

Running performance: 5:55 min/km

Rank in course/Total: 130 (of 244)

Rank in course/Men: 108 (of 179)

Best time in course: 1:31:15

Rank in category: 12(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	18:23	5:39	13	2:47	119	5:25	3.25	18:23	5:39	13	2:47	119	5:25
Lap 2	3.25	18:06	5:34	10	2:34	111	5:02	6.50	36:29	5:36	11	5:06	112	10:09
Lap 3	3.25	18:25	5:40	10	2:43	109	5:15	9.75	54:54	5:37	9	7:49	110	15:24
Lap 4	3.25	19:22	5:57	13	3:16	112	6:22	13.00	1:14:16	5:42	11	11:05	110	21:46
Lap 5	3.25	19:40	6:03	13	3:03	116	6:53	16.25	1:33:56	5:46	10	14:08	111	28:39
Lap 6	3.25	21:01	6:28	17	4:22	126	8:07	19.50	1:54:57	5:53	14	18:08	116	36:46
Last lap Finish	3.25	19:33	6:00	10	3:32	90	6:29	22.75	2:14:30	5:54	12	20:32	109	1:02:14