



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Slama, Dieter

Club: LG Vellmar

Number: 500

Course: 22.75 km

Halbmarathon

Category:

Senioren M55 (55-59 Jahre)

Total time: 2:14:33

Speed: 9.81 km/h

Running performance: 5:55 min/km

Rank in course/Total: 131 (of 244)

Rank in course/Men: 109 (of 179)

Best time in course: 1:31:15

Rank in category: 13(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 ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	3.25	17:49	5:28	9	2:13	101	4:51	3.25	17:49	5:28	9	2:13	101	4:51
Lap 2	3.25	18:17	5:37	12	2:45	118	5:13	6.50	36:06	5:33	9	4:43	105	9:46
Lap 3	3.25	18:54	5:48	11	3:12	122	5:44	9.75	55:00	5:38	10	7:55	112	15:30
Lap 4	3.25	19:05	5:52	12	2:59	105	6:05	13.00	1:14:05	5:41	10	10:54	109	21:35
Lap 5	3.25	20:01	6:09	15	3:24	124	7:14	16.25	1:34:06	5:47	11	14:18	112	28:49
Lap 6	3.25	20:18	6:14	14	3:39	116	7:24	19.50	1:54:24	5:52	11	17:35	112	36:13
Last lap Finish	3.25	20:09	6:11	14	4:08	109	7:05	22.75	2:14:33	5:54	13	20:35	110	1:02:17