



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Köhler, Benedict

Club: Dortmund Aplerbeck

Number: 411

Course: 22.75 km

Halbmarathon

Category:

Männer (20-29 Jahre)

Total time: 2:14:35

Speed: 9.81 km/h

Running performance: 5:55 min/km

Rank in course/Total: 132 (of 244)

Rank in course/Men: 110 (of 179)

Best time in course: 1:31:15

Rank in category: 5(of 7)

Best time in the category: 1:37:37

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	17:48	5:28	5	2:52	100	4:50	3.25	17:48	5:28	5	2:52	100	4:50
Lap 2	3.25	17:48	5:28	5	3:33	103	4:44	6.50	35:36	5:28	5	6:25	102	9:16
Lap 3	3.25	18:12	5:35	6	4:13	106	5:02	9.75	53:48	5:31	5	10:38	101	14:18
Lap 4	3.25	19:09	5:53	6	5:27	106	6:09	13.00	1:12:57	5:36	6	16:05	104	20:27
Lap 5	3.25	19:36	6:01	5	6:03	114	6:49	16.25	1:32:33	5:41	5	22:08	106	27:16
Lap 6	3.25	20:09	6:11	4	6:38	109	7:15	19.50	1:52:42	5:46	5	28:46	104	34:31
Last lap Finish	3.25	21:53	6:44	7	8:12	134	8:49	22.75	2:14:35	5:54	5	36:58	111	1:02:19