



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Broich, Ralph

Club: Ford FCSD 05

Number: 325

Course: 22.75 km

Halbmarathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 2:15:22

Speed: 9.75 km/h

Running performance: 5:57 min/km

Rank in course/Total: 139 (of 244)

Rank in course/Men: 115 (of 179)

Best time in course: 1:31:15

Rank in category: 19(of 29)

Best time in the category: 1:36:19

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	18:27	5:40	19	5:29	121	5:29	3.25	18:27	5:40	19	5:29	121	5:29
Lap 2	3.25	18:41	5:44	19	5:19	126	5:37	6.50	37:08	5:42	20	10:48	123	10:48
Lap 3	3.25	19:23	5:57	21	6:03	137	6:13	9.75	56:31	5:47	20	16:51	127	17:01
Lap 4	3.25	19:44	6:04	21	5:53	130	6:44	13.00	1:16:15	5:51	19	22:44	128	23:45
Lap 5	3.25	19:44	6:04	20	5:28	118	6:57	16.25	1:35:59	5:54	19	28:12	120	30:42
Lap 6	3.25	19:42	6:03	16	5:21	97	6:48	19.50	1:55:41	5:55	19	33:33	119	37:30
Last lap Finish	3.25	19:41	6:03	17	5:30	96	6:37	22.75	2:15:22	5:57	19	39:03	116	1:03:06