



# 13. Kristall-Marathon

Merkers / 17.02.2019

## Detailed evaluation

**LAUER, Udo**

Club: Postschwimmverein Leipzig

Number: 425

Course: 22.75 km

Halbmarathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 2:16:31

Speed: 9.67 km/h

Running performance: 6:00 min/km

Rank in course/Total: 143 (of 244)

Rank in course/Men: 117 (of 179)

Best time in course: 1:31:15

Rank in category: 20(of 29)

Best time in the category: 1:36:19

### Intermediate times

### Stage score

### Total ranking

Control	Split			Pos		Behind		Total			Pos		Behind	
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Lap 1	3.25	18:11	5:35	18	5:13	112	5:13	3.25	18:11	5:35	18	5:13	112	5:13
Lap 2	3.25	18:50	5:47	20	5:28	130	5:46	6.50	37:01	5:41	19	10:41	118	10:41
Lap 3	3.25	19:21	5:57	20	6:01	136	6:11	9.75	56:22	5:46	19	16:42	125	16:52
Lap 4	3.25	19:55	6:07	22	6:04	137	6:55	13.00	1:16:17	5:52	20	22:46	129	23:47
Lap 5	3.25	19:54	6:07	21	5:38	122	7:07	16.25	1:36:11	5:55	20	28:24	124	30:54
Lap 6	3.25	20:08	6:11	19	5:47	108	7:14	19.50	1:56:19	5:57	20	34:11	121	38:08
Last lap Finish	3.25	20:12	6:12	19	6:01	111	7:08	22.75	2:16:31	6:00	20	40:12	118	1:04:15