



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Demuth, Thomas

Club: LT Freigericht

Number: 336

Course: 22.75 km

Halbmarathon

Category:

Senioren M50 (50-54 Jahre)

Total time: 2:18:03

Speed: 9.89 km/h

Running performance: 6:04 min/km

Rank in course/Total: 152 (of 244)

Rank in course/Men: 123 (of 179)

Best time in course: 1:31:15

Rank in category: 23(of 38)

Best time in the category: 1:57:07

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	19:52	6:06	27	4:33	147	6:54	3.25	19:52	6:06	27	4:33	147	6:54
Lap 2	3.25	19:19	5:56	27	3:50	140	6:15	6.50	39:11	6:01	26	8:23	142	12:51
Lap 3	3.25	19:12	5:54	25	4:29	128	6:02	9.75	58:23	5:59	26	11:16	139	18:53
Lap 4	3.25	19:44	6:04	23	3:30	130	6:44	13.00	1:18:07	6:00	26	13:22	140	25:37
Lap 5	3.25	19:32	6:00	23	3:55	112	6:45	16.25	1:37:39	6:00	24	16:01	130	32:22
Lap 6	3.25	19:56	6:08	21	2:37	103	7:02	19.50	1:57:35	6:01	22	18:01	126	39:24
Last lap Finish	3.25	20:28	6:17	21	3:21	114	7:24	22.75	2:18:03	6:04	24	1:05:47	124	1:05:47