



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Damerow, Raymond

Club: Ford FCSD 05

Number: 333

Course: 22.75 km

Halbmarathon

Category:

Senioren M60 (60-64 Jahre)

Total time: 2:18:32

Speed: 9.53 km/h

Running performance: 6:05 min/km

Rank in course/Total: 153 (of 244)

Rank in course/Men: 124 (of 179)

Best time in course: 1:31:15

Rank in category: 7(of 12)

Best time in the category: 1:52:06

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	18:35	5:43	7	2:42	125	5:37	3.25	18:35	5:43	7	2:42	125	5:37
Lap 2	3.25	18:16	5:37	5	2:26	117	5:12	6.50	36:51	5:40	7	5:08	117	10:31
Lap 3	3.25	18:56	5:49	7	3:00	123	5:46	9.75	55:47	5:43	6	8:08	119	16:17
Lap 4	3.25	19:37	6:02	7	3:40	124	6:37	13.00	1:15:24	5:48	6	11:48	120	22:54
Lap 5	3.25	20:35	6:19	8	4:22	136	7:48	16.25	1:35:59	5:54	7	16:10	120	30:42
Lap 6	3.25	21:03	6:28	9	4:55	130	8:09	19.50	1:57:02	6:00	7	21:05	125	38:51
Last lap Finish	3.25	21:30	6:36	9	5:21	129	8:26	22.75	2:18:32	6:05	7	26:26	125	1:06:16