



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Krösche, Jens

Club: Aktion Canchananabury Bochum
Number: 419

Course: 22.75 km
Halbmarathon

Category:
Senioren M50 (50-54 Jahre)

Total time: 2:19:02

Speed: 9.82 km/h
Running performance: 6:07 min/km

Rank in course/Total: 155 (of 244)

Rank in course/Men: 126 (of 179)

Best time in course: 1:31:15

Rank in category: 24(of 38)

Best time in the category: 1:57:07

Intermediate times					Stage score				Total ranking					
Control	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	19:28	5:59	23	4:09	136	6:30	3.25	19:28	5:59	23	4:09	136	6:30
Lap 2	3.25	18:22	5:39	22	2:53	119	5:18	6.50	37:50	5:49	21	7:02	133	11:30
Lap 3	3.25	18:38	5:44	21	3:55	113	5:28	9.75	56:28	5:47	22	9:21	126	16:58
Lap 4	3.25	19:25	5:58	21	3:11	117	6:25	13.00	1:15:53	5:50	22	11:08	123	23:23
Lap 5	3.25	20:20	6:15	25	4:43	131	7:33	16.25	1:36:13	5:55	23	14:35	126	30:56
Lap 6	3.25	22:09	6:48	27	4:50	138	9:15	19.50	1:58:22	6:04	24	18:48	130	40:11
Last lap Finish	3.25	20:40	6:21	22	3:33	119	7:36	22.75	2:19:02	6:06	25	1:06:46	127	1:06:46