



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Sieburg, Mike

Club: BSG Evonik Wesseling e.V.

Number: 499

Course: 22.75 km

Halbmarathon

Category:

Senioren M60 (60-64 Jahre)

Total time: 2:20:50

Speed: 9.37 km/h

Running performance: 6:11 min/km

Rank in course/Total: 161 (of 244)

Rank in course/Men: 131 (of 179)

Best time in course: 1:31:15

Rank in category: 9(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	19:50	6:06	8	3:57	145	6:52	3.25	19:50	6:06	8	3:57	145	6:52	
Lap 2	3.25	19:56	6:08	9	4:06	149	6:52	6.50	39:46	6:07	9	8:03	150	13:26	
Lap 3	3.25	20:15	6:13	8	4:19	147	7:05	9.75	1:00:01	6:09	9	12:22	148	20:31	
Lap 4	3.25	19:47	6:05	8	3:50	132	6:47	13.00	1:19:48	6:08	9	16:12	145	27:18	
Lap 5	3.25	20:14	6:13	7	4:01	129	7:27	16.25	1:40:02	6:09	9	20:13	144	34:45	
Lap 6	3.25	20:10	6:12	7	4:02	111	7:16	19.50	2:00:12	6:09	9	24:15	135	42:01	
Last lap Finish	3.25	20:38	6:20	7	4:29	118	7:34	22.75	2:20:50	6:11	9	28:44	132	1:08:34	