



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Buchwald, Kai

Club: Frankfurt

Number: 327

Course: 22.75 km

Halbmarathon

Category:

Senioren M50 (50-54 Jahre)

Total time: 2:21:43

Speed: 9.31 km/h

Running performance: 6:14 min/km

Rank in course/Total: 164 (of 244)

Rank in course/Men: 133 (of 179)

Best time in course: 1:31:15

Rank in category: 25(of 38)

Best time in the category: 1:57:07

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	20:06	6:11	29	4:47	151	7:08	3.25	20:06	6:11	29	4:47	151	7:08
Lap 2	3.25	19:10	5:53	25	3:41	137	6:06	6.50	39:16	6:02	27	8:28	143	12:56
Lap 3	3.25	19:33	6:00	28	4:50	142	6:23	9.75	58:49	6:01	28	11:42	145	19:19
Lap 4	3.25	20:06	6:11	27	3:52	140	7:06	13.00	1:18:55	6:04	28	14:10	142	26:25
Lap 5	3.25	20:23	6:16	26	4:46	132	7:36	16.25	1:39:18	6:06	26	17:40	141	34:01
Lap 6	3.25	21:01	6:28	25	3:42	126	8:07	19.50	2:00:19	6:10	26	20:45	136	42:08
Last lap Finish	3.25	21:24	6:35	25	4:17	126	8:20	22.75	2:21:43	6:13	26	1:09:27	134	1:09:27