



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Urbaniak, Hans

Club: Endorphinjunkies Dortmund
Number: 836

Course: 22.75 km
Halbmarathon

Category:
Senioren M55 (55-59 Jahre)

Total time: 2:23:29

Speed: 9.20 km/h
Running performance: 6:19 min/km

Rank in course/Total: 167 (of 244)

Rank in course/Men: 135 (of 179)

Best time in course: 1:31:15

Rank in category: 18(of 22)

Best time in the category: 1:53:58

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Lap 1	3.25	20:14	6:13	19	4:38	152	7:16	3.25	20:14	6:13	19	4:38	152	7:16
Lap 2	3.25	19:45	6:04	19	4:13	147	6:41	6.50	39:59	6:09	19	8:36	151	13:39
Lap 3	3.25	20:11	6:12	20	4:29	145	7:01	9.75	1:00:10	6:10	20	13:05	150	20:40
Lap 4	3.25	21:55	6:44	20	5:49	156	8:55	13.00	1:22:05	6:18	20	18:54	152	29:35
Lap 5	3.25	20:06	6:11	17	3:29	126	7:19	16.25	1:42:11	6:17	19	22:23	147	36:54
Lap 6	3.25	20:30	6:18	15	3:51	122	7:36	19.50	2:02:41	6:17	19	25:52	144	44:30
Last lap Finish	3.25	20:48	6:24	18	4:47	121	7:44	22.75	2:23:29	6:18	18	29:31	136	1:11:13