



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Hoch, Benni

Club: TV Urbar

Number: 682

Course: 22.75 km

Halbmarathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 2:24:11

Speed: 9.16 km/h

Running performance: 6:20 min/km

Rank in course/Total: 169 (of 244)

Rank in course/Men: 136 (of 179)

Best time in course: 1:31:15

Rank in category: 21(of 25)

Best time in the category: 1:31:15

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking							
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Lap 1	3.25	21:06	6:29	25	7:52	163	8:08	3.25	21:06	6:29	25	7:52	163	8:08	
Lap 2	3.25	20:17	6:14	24	7:13	154	7:13	6.50	41:23	6:21	25	15:03	160	15:03	
Lap 3	3.25	20:28	6:17	23	7:18	149	7:18	9.75	1:01:51	6:20	24	22:21	156	22:21	
Lap 4	3.25	20:25	6:16	22	7:25	144	7:25	13.00	1:22:16	6:19	24	29:46	154	29:46	
Lap 5	3.25	20:28	6:17	19	7:41	134	7:41	16.25	1:42:44	6:19	23	37:27	150	37:27	
Lap 6	3.25	21:28	6:36	20	8:34	132	8:34	19.50	2:04:12	6:22	23	46:01	148	46:01	
Last lap Finish	3.25	19:59	6:08	19	6:55	104	6:55	22.75	2:24:11	6:20	21	52:56	137	1:11:55	