



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Mühlenkamp, Ole

Club: Barmstedt

Number: 447

Course: 22.75 km

Halbmarathon

Category:

Senioren M50 (50-54 Jahre)

Total time: 2:24:14

Speed: 9.46 km/h

Running performance: 6:20 min/km

Rank in course/Total: 170 (of 244)

Rank in course/Men: 137 (of 179)

Best time in course: 1:31:15

Rank in category: 26(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.	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	17:16	5:18	14	1:57	87	4:18	3.25	17:16	5:18	14	1:57	87	4:18	
Lap 2	3.25	18:08	5:34	21	2:39	114	5:04	6.50	35:24	5:26	18	4:36	101	9:04	
Lap 3	3.25	19:19	5:56	27	4:36	134	6:09	9.75	54:43	5:36	19	7:36	108	15:13	
Lap 4	3.25	19:57	6:08	25	3:43	138	6:57	13.00	1:14:40	5:44	20	9:55	113	22:10	
Lap 5	3.25	21:32	6:37	29	5:55	145	8:45	16.25	1:36:12	5:55	22	14:34	125	30:55	
Lap 6	3.25	22:47	7:00	29	5:28	149	9:53	19.50	1:58:59	6:06	25	19:25	132	40:48	
Last lap Finish	3.25	25:15	7:46	33	8:08	160	12:11	22.75	2:24:14	6:20	27	1:11:58	138	1:11:58	