



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Förster, Udo

Club: Team Camerone e.V.

Number: 651

Course: 22.75 km

Halbmarathon

Category:

Senioren M50 (50-54 Jahre)

Total time: 2:24:22

Speed: 9.46 km/h

Running performance: 6:21 min/km

Rank in course/Total: 171 (of 244)

Rank in course/Men: 138 (of 179)

Best time in course: 1:31:15

Rank in category: 27(of 38)

Best time in the category: 1:57:07

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	20:14	6:13	30	4:55	152	7:16	3.25	20:14	6:13	30	4:55	152	7:16	
Lap 2	3.25	20:06	6:11	30	4:37	151	7:02	6.50	40:20	6:12	29	9:32	152	14:00	
Lap 3	3.25	20:44	6:22	31	6:01	151	7:34	9.75	1:01:04	6:15	30	13:57	154	21:34	
Lap 4	3.25	20:35	6:19	29	4:21	146	7:35	13.00	1:21:39	6:16	30	16:54	150	29:09	
Lap 5	3.25	20:31	6:18	27	4:54	135	7:44	16.25	1:42:10	6:17	29	20:32	146	36:53	
Lap 6	3.25	21:25	6:35	26	4:06	131	8:31	19.50	2:03:35	6:20	29	24:01	146	45:24	
Last lap Finish	3.25	20:47	6:23	23	3:40	120	7:43	22.75	2:24:22	6:20	28	1:12:06	139	1:12:06	