



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Hügen, Ulrich

Club: Xanten

Number: 393

Course: 22.75 km

Halbmarathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 2:28:57

Speed: 8.86 km/h

Running performance: 6:33 min/km

Rank in course/Total: 184 (of 244)

Rank in course/Men: 146 (of 179)

Best time in course: 1:31:15

Rank in category: 24(of 25)

Best time in the category: 1:31:15

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	18:05	5:33	21	4:51	106	5:07	3.25	18:05	5:33	21	4:51	106	5:07
Lap 2	3.25	19:16	5:55	23	6:12	138	6:12	6.50	37:21	5:44	22	11:01	125	11:01
Lap 3	3.25	21:22	6:34	24	8:12	157	8:12	9.75	58:43	6:01	23	19:13	144	19:13
Lap 4	3.25	21:46	6:41	23	8:46	154	8:46	13.00	1:20:29	6:11	23	27:59	148	27:59
Lap 5	3.25	22:20	6:52	24	9:33	156	9:33	16.25	1:42:49	6:19	24	37:32	151	37:32
Lap 6	3.25	23:40	7:16	24	10:46	157	10:46	19.50	2:06:29	6:29	24	48:18	150	48:18
Last lap Finish	3.25	22:28	6:54	22	9:24	139	9:24	22.75	2:28:57	6:32	24	57:42	147	1:16:41