



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Ebbing, Bernd

Club: TSG Hatten-Sandkrug

Number: 348

Course: 22.75 km

Halbmarathon

Category:

Senioren M50 (50-54 Jahre)

Total time: 2:29:00

Speed: 8.86 km/h

Running performance: 6:33 min/km

Rank in course/Total: 186 (of 244)

Rank in course/Men: 147 (of 179)

Best time in course: 1:31:15

Rank in category: 30(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	20:40	6:21	31	5:21	158	7:42	3.25	20:40	6:21	31	5:21	158	7:42
Lap 2	3.25	20:41	6:21	31	5:12	157	7:37	6.50	41:21	6:21	31	10:33	159	15:01
Lap 3	3.25	20:12	6:12	29	5:29	146	7:02	9.75	1:01:33	6:18	31	14:26	155	22:03
Lap 4	3.25	20:40	6:21	30	4:26	147	7:40	13.00	1:22:13	6:19	31	17:28	153	29:43
Lap 5	3.25	22:20	6:52	33	6:43	156	9:33	16.25	1:44:33	6:26	30	22:55	153	39:16
Lap 6	3.25	22:55	7:03	30	5:36	151	10:01	19.50	2:07:28	6:32	30	27:54	152	49:17
Last lap Finish	3.25	21:32	6:37	27	4:25	131	8:28	22.75	2:29:00	6:32	31	1:16:44	148	1:16:44