



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Knickelmann, Udo

Club: TV Urbar

Number: 706

Course: 22.75 km

Halbmarathon

Category:

Senioren M55 (55-59 Jahre)

Total time: 2:10:59

Speed: 10.08 km/h

Running performance: 5:46 min/km

Rank in course/Total: 117 (of 244)

Rank in course/Men: 98 (of 179)

Best time in course: 1:31:15

Rank in category: 9(of 22)

Best time in the category: 1:53:58

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	19:46	6:04	18	4:10	144	6:48	3.25	19:46	6:04	18	4:10	144	6:48
Lap 2	3.25	17:32	5:23	9	2:00	98	4:28	6.50	37:18	5:44	14	5:55	124	10:58
Lap 3	3.25	17:44	5:27	6	2:02	86	4:34	9.75	55:02	5:38	11	7:57	113	15:32
Lap 4	3.25	18:15	5:36	5	2:09	87	5:15	13.00	1:13:17	5:38	9	10:06	106	20:47
Lap 5	3.25	18:38	5:44	5	2:01	86	5:51	16.25	1:31:55	5:39	9	12:07	102	26:38
Lap 6	3.25	19:01	5:51	6	2:22	82	6:07	19.50	1:50:56	5:41	8	14:07	99	32:45
Last lap Finish	3.25	20:03	6:10	11	4:02	106	6:59	22.75	2:10:59	5:45	9	17:01	99	58:43