



# 13. Kristall-Marathon

Merkers / 17.02.2019

## Detailed evaluation

**Marake, Bernhard**

Club: Meddys LWT Koblenz

Number: 440

Course: 22.75 km

Halbmarathon

Category:

Senioren M70 (70-74 Jahre)

Total time: 2:31:54

Speed: 8.69 km/h

Running performance: 6:41 min/km

Rank in course/Total: 194 (of 244)

Rank in course/Men: 151 (of 179)

Best time in course: 1:31:15

Rank in category: 1(of 2)

Best time in the category: 2:31:54

### 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	21:16	6:32	1	-	167	8:18	3.25	21:16	6:32	1	-	167	8:18	
Lap 2	3.25	21:38	6:39	1	-	164	8:34	6.50	42:54	6:35	1	-	165	16:34	
Lap 3	3.25	21:31	6:37	1	-	160	8:21	9.75	1:04:25	6:36	1	-	162	24:55	
Lap 4	3.25	21:12	6:31	1	-	149	8:12	13.00	1:25:37	6:35	1	-	161	33:07	
Lap 5	3.25	21:32	6:37	1	-	145	8:45	16.25	1:47:09	6:35	1	-	155	41:52	
Lap 6	3.25	21:57	6:45	1	-	136	9:03	19.50	2:09:06	6:37	1	-	155	50:55	
Last lap Finish	3.25	22:48	7:00	1	-	140	9:44	22.75	2:31:54	6:40	1	-	152	1:19:38	