



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Jost, Jürgen

Club: Vulkanläufer

Number: 692

Course: 22.75 km

Halbmarathon

Category:

Senioren M55 (55-59 Jahre)

Total time: 2:10:19

Speed: 10.13 km/h

Running performance: 5:44 min/km

Rank in course/Total: 112 (of 244)

Rank in course/Men: 95 (of 179)

Best time in course: 1:31:15

Rank in category: 8(of 22)

Best time in the category: 1:53:58

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	17:38	5:25	8	2:02	97	4:40	3.25	17:38	5:25	8	2:02	97	4:40
Lap 2	3.25	17:19	5:19	7	1:47	96	4:15	6.50	34:57	5:22	8	3:34	97	8:37
Lap 3	3.25	17:51	5:29	7	2:09	92	4:41	9.75	52:48	5:24	8	5:43	97	13:18
Lap 4	3.25	18:27	5:40	9	2:21	96	5:27	13.00	1:11:15	5:28	8	8:04	95	18:45
Lap 5	3.25	19:07	5:52	8	2:30	97	6:20	16.25	1:30:22	5:33	8	10:34	96	25:05
Lap 6	3.25	19:49	6:05	9	3:10	101	6:55	19.50	1:50:11	5:39	7	13:22	97	32:00
Last lap Finish	3.25	20:08	6:11	13	4:07	108	7:04	22.75	2:10:19	5:43	8	16:21	96	58:03