



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Glesius, Sven

Club: Glesibros Runningschool

Number: 661

Course: 22.75 km

Halbmarathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 2:33:35

Speed: 8.59 km/h

Running performance: 6:45 min/km

Rank in course/Total: 198 (of 244)

Rank in course/Men: 154 (of 179)

Best time in course: 1:31:15

Rank in category: 25(of 29)

Best time in the category: 1:36:19

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Lap 1	3.25	20:55	6:26	26	7:57	161	7:57	3.25	20:55	6:26	26	7:57	161	7:57
Lap 2	3.25	20:16	6:14	25	6:54	153	7:12	6.50	41:11	6:20	25	14:51	158	14:51
Lap 3	3.25	21:04	6:28	25	7:44	153	7:54	9.75	1:02:15	6:23	25	22:35	157	22:45
Lap 4	3.25	22:14	6:50	26	8:23	158	9:14	13.00	1:24:29	6:29	25	30:58	158	31:59
Lap 5	3.25	22:43	6:59	25	8:27	160	9:56	16.25	1:47:12	6:35	25	39:25	156	41:55
Lap 6	3.25	23:24	7:11	24	9:03	155	10:30	19.50	2:10:36	6:41	25	48:28	156	52:25
Last lap Finish	3.25	22:59	7:04	23	8:48	141	9:55	22.75	2:33:35	6:45	25	57:16	155	1:21:19