



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Birk, Greg

Club: Montagnola

Number: 317

Course: 22.75 km

Halbmarathon

Category:

Senioren M60 (60-64 Jahre)

Total time: 2:33:51

Speed: 8.58 km/h

Running performance: 6:46 min/km

Rank in course/Total: 199 (of 244)

Rank in course/Men: 155 (of 179)

Best time in course: 1:31:15

Rank in category: 11(of 12)

Best time in the category: 1:52:06

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	21:36	6:38	12	5:43	168	8:38	3.25	21:36	6:38	12	5:43	168	8:38	
Lap 2	3.25	21:56	6:44	12	6:06	167	8:52	6.50	43:32	6:41	12	11:49	169	17:12	
Lap 3	3.25	21:32	6:37	12	5:36	161	8:22	9.75	1:05:04	6:40	12	17:25	164	25:34	
Lap 4	3.25	22:25	6:53	11	6:28	161	9:25	13.00	1:27:29	6:43	12	23:53	164	34:59	
Lap 5	3.25	22:00	6:46	11	5:47	152	9:13	16.25	1:49:29	6:44	12	29:40	161	44:12	
Lap 6	3.25	22:27	6:54	11	6:19	144	9:33	19.50	2:11:56	6:45	12	35:59	159	53:45	
Last lap Finish	3.25	21:55	6:44	10	5:46	135	8:51	22.75	2:33:51	6:45	11	41:45	156	1:21:35	