



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Vonnahme, Jörg

Club: Ultrafriesen

Number: 522

Course: 22.75 km

Halbmarathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 2:38:04

Speed: 8.35 km/h

Running performance: 6:57 min/km

Rank in course/Total: 210 (of 244)

Rank in course/Men: 159 (of 179)

Best time in course: 1:31:15

Rank in category: 26(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	20:50	6:24	25	7:52	160	7:52	3.25	20:50	6:24	25	7:52	160	7:52
Lap 2	3.25	20:54	6:25	26	7:32	160	7:50	6.50	41:44	6:25	26	15:24	162	15:24
Lap 3	3.25	21:48	6:42	26	8:28	163	8:38	9.75	1:03:32	6:30	26	23:52	161	24:02
Lap 4	3.25	22:13	6:50	25	8:22	157	9:13	13.00	1:25:45	6:35	26	32:14	162	33:15
Lap 5	3.25	23:54	7:21	27	9:38	166	11:07	16.25	1:49:39	6:44	26	41:52	163	44:22
Lap 6	3.25	24:25	7:30	28	10:04	163	11:31	19.50	2:14:04	6:52	26	51:56	162	55:53
Last lap Finish	3.25	24:00	7:23	26	9:49	151	10:56	22.75	2:38:04	6:56	26	1:01:45	160	1:25:48