



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Leroi, Roland

Club: LC Duisburg

Number: 429

Course: 22.75 km

Halbmarathon

Category:

Senioren M50 (50-54 Jahre)

Total time: 2:38:34

Speed: 8.32 km/h

Running performance: 6:58 min/km

Rank in course/Total: 211 (of 244)

Rank in course/Men: 160 (of 179)

Best time in course: 1:31:15

Rank in category: 32(of 38)

Best time in the category: 1:57:07

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	21:14	6:31	33	5:55	166	8:16	3.25	21:14	6:31	33	5:55	166	8:16
Lap 2	3.25	21:00	6:27	32	5:31	161	7:56	6.50	42:14	6:29	33	11:26	163	15:54
Lap 3	3.25	23:56	7:21	36	9:13	172	10:46	9.75	1:06:10	6:47	34	19:03	169	26:40
Lap 4	3.25	23:39	7:16	36	7:25	171	10:39	13.00	1:29:49	6:54	34	25:04	168	37:19
Lap 5	3.25	21:43	6:40	30	6:06	147	8:56	16.25	1:51:32	6:51	32	29:54	165	46:15
Lap 6	3.25	23:15	7:09	31	5:56	152	10:21	19.50	2:14:47	6:54	33	35:13	163	56:36
Last lap Finish	3.25	23:47	7:19	29	6:40	148	10:43	22.75	2:38:34	6:58	33	1:26:18	161	1:26:18