



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Schienke, Thorsten

Club: Laufen rund um Münster-TEA

Number: 793

Course: 22.75 km

Halbmarathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 2:40:21

Speed: 8.23 km/h

Running performance: 7:03 min/km

Rank in course/Total: 214 (of 244)

Rank in course/Men: 161 (of 179)

Best time in course: 1:31:15

Rank in category: 27(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 ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	3.25	20:48	6:24	24	7:50	159	7:50	3.25	20:48	6:24	24	7:50	159	7:50
Lap 2	3.25	21:52	6:43	27	8:30	166	8:48	6.50	42:40	6:33	27	16:20	164	16:20
Lap 3	3.25	22:27	6:54	27	9:07	165	9:17	9.75	1:05:07	6:40	27	25:27	166	25:37
Lap 4	3.25	22:42	6:59	27	8:51	164	9:42	13.00	1:27:49	6:45	27	34:18	166	35:19
Lap 5	3.25	24:07	7:25	28	9:51	167	11:20	16.25	1:51:56	6:53	27	44:09	166	46:39
Lap 6	3.25	24:02	7:23	27	9:41	160	11:08	19.50	2:15:58	6:58	27	53:50	166	57:47
Last lap Finish	3.25	24:23	7:30	27	10:12	154	11:19	22.75	2:40:21	7:02	27	1:04:02	162	1:28:05