



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Krämer, Benjamin

Club: Bielefeld

Number: 414

Course: 22.75 km

Halbmarathon

Category:

Senioren M35 (35-39 Jahre)

Total time: 2:44:58

Speed: 8.27 km/h

Running performance: 7:15 min/km

Rank in course/Total: 223 (of 244)

Rank in course/Men: 167 (of 179)

Best time in course: 1:31:15

Rank in category: 23(of 26)

Best time in the category: 1:33:42

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	19:32	6:00	24	6:25	139	6:34	3.25	19:32	6:00	24	6:25	139	6:34	
Lap 2	3.25	20:08	6:11	23	6:55	152	7:04	6.50	39:40	6:06	24	13:16	148	13:20	
Lap 3	3.25	21:14	6:31	23	7:40	155	8:04	9.75	1:00:54	6:14	23	20:56	152	21:24	
Lap 4	3.25	23:03	7:05	24	9:38	166	10:03	13.00	1:23:57	6:27	24	30:33	157	31:27	
Lap 5	3.25	26:44	8:13	25	13:20	175	13:57	16.25	1:50:41	6:48	24	43:53	164	45:24	
Lap 6	3.25	25:22	7:48	22	11:47	166	12:28	19.50	2:16:03	6:58	24	55:40	167	57:52	
Last lap Finish	3.25	28:55	8:53	24	15:36	171	15:51	22.75	2:44:58	7:15	23	1:11:16	168	1:32:42	