



# 13. Kristall-Marathon

Merkers / 17.02.2019

## Detailed evaluation

**Pollmann, Bernd**

Club: Nur der FC

Number: 463

Course: 22.75 km

Halbmarathon

Category:

Senioren M50 (50-54 Jahre)

Total time: 2:50:12

Speed: 7.76 km/h

Running performance: 7:29 min/km

Rank in course/Total: 226 (of 244)

Rank in course/Men: 168 (of 179)

Best time in course: 1:31:15

Rank in category: 35(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 ranking							
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Lap 1	3.25	20:57	6:26	32	5:38	162	7:59	3.25	20:57	6:26	32	5:38	162	7:59	
Lap 2	3.25	22:01	6:46	35	6:32	169	8:57	6.50	42:58	6:36	34	12:10	166	16:38	
Lap 3	3.25	23:23	7:11	34	8:40	170	10:13	9.75	1:06:21	6:48	35	19:14	170	26:51	
Lap 4	3.25	23:25	7:12	35	7:11	169	10:25	13.00	1:29:46	6:54	33	25:01	167	37:16	
Lap 5	3.25	25:41	7:54	36	10:04	172	12:54	16.25	1:55:27	7:06	35	33:49	170	50:10	
Lap 6	3.25	25:26	7:49	35	8:07	167	12:32	19.50	2:20:53	7:13	35	41:19	170	1:02:42	
Last lap Finish	3.25	29:19	9:01	37	12:12	172	16:15	22.75	2:50:12	7:28	36	1:37:56	169	1:37:56	