



13. Kristall-Marathon  
Merkers / 17.02.2019

Detailed evaluation

Lyko, Steffen

Club: SV Turbine Neubrandenburg  
Number: 437

Course: 22.75 km  
Halbmarathon

Category:  
Senioren M50 (50-54 Jahre)

Total time: 2:51:23

Speed: 7.70 km/h  
Running performance: 7:32 min/km

Rank in course/Total: 230 (of 244)

Rank in course/Men: 170 (of 179)

Best time in course: 1:31:15

Rank in category: 37(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	3.25	22:48	7:00	35	7:29	172	9:50	3.25	22:48	7:00	35	7:29	172	9:50
Lap 2	3.25	24:19	7:28	37	8:50	174	11:15	6.50	47:07	7:14	37	16:19	174	20:47
Lap 3	3.25	23:38	7:16	35	8:55	171	10:28	9.75	1:10:45	7:15	37	23:38	174	31:15
Lap 4	3.25	24:24	7:30	37	8:10	173	11:24	13.00	1:35:09	7:19	38	30:24	175	42:39
Lap 5	3.25	24:44	7:36	35	9:07	168	11:57	16.25	1:59:53	7:22	37	38:15	174	54:36
Lap 6	3.25	26:28	8:08	36	9:09	169	13:34	19.50	2:26:21	7:30	37	46:47	173	1:08:10
Last lap Finish	3.25	25:02	7:42	32	7:55	158	11:58	22.75	2:51:23	7:31	38	1:39:07	171	1:39:07