



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Meyer, Jan-Henrik

Club: Racebooker / Laufspaß Niedersachsen
Number: 740

Course: 22.75 km
Halbmarathon

Category:
Senioren M35 (35-39 Jahre)

Total time: 2:54:17

Speed: 7.57 km/h
Running performance: 7:40 min/km

Rank in course/Total: 231 (of 244)

Rank in course/Men: 171 (of 179)

Best time in course: 1:31:15

Rank in category: 24(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	3.25	20:23	6:16	25	7:16	157	7:25	3.25	20:23	6:16	25	7:16	157	7:25
Lap 2	3.25	23:14	7:08	25	10:01	173	10:10	6.50	43:37	6:42	25	17:13	171	17:17
Lap 3	3.25	24:35	7:33	25	11:01	174	11:25	9.75	1:08:12	6:59	25	28:14	171	28:42
Lap 4	3.25	25:20	7:47	25	11:55	174	12:20	13.00	1:33:32	7:11	25	40:08	173	41:02
Lap 5	3.25	25:19	7:47	23	11:55	169	12:32	16.25	1:58:51	7:18	25	52:03	173	53:34
Lap 6	3.25	26:38	8:11	24	13:03	171	13:44	19.50	2:25:29	7:27	25	1:05:06	172	1:07:18
Last lap Finish	3.25	28:48	8:51	23	15:29	170	15:44	22.75	2:54:17	7:39	24	1:20:35	172	1:42:01