



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Nicoara, Calin

Club: Diamond Cardio

Number: 454

Course: 22.75 km

Halbmarathon

Category:

Senioren M55 (55-59 Jahre)

Total time: 3:05:32

Speed: 7.36 km/h

Running performance: 8:10 min/km

Rank in course/Total: 236 (of 244)

Rank in course/Men: 173 (of 179)

Best time in course: 1:31:15

Rank in category: 21(of 22)

Best time in the category: 1:53:58

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	23:49	7:19	21	8:13	176	10:51	3.25	23:49	7:19	21	8:13	176	10:51
Lap 2	3.25	24:26	7:31	21	8:54	175	11:22	6.50	48:15	7:25	21	16:52	177	21:55
Lap 3	3.25	25:14	7:45	21	9:32	176	12:04	9.75	1:13:29	7:32	21	26:24	177	33:59
Lap 4	3.25	26:04	8:01	21	9:58	175	13:04	13.00	1:39:33	7:39	21	36:22	176	47:03
Lap 5	3.25	28:19	8:42	22	11:42	178	15:32	16.25	2:07:52	7:52	21	48:04	177	1:02:35
Lap 6	3.25	28:19	8:42	21	11:40	174	15:25	19.50	2:36:11	8:00	21	59:22	175	1:18:00
Last lap Finish	3.25	29:21	9:01	21	13:20	173	16:17	22.75	3:05:32	8:09	21	1:11:34	174	1:53:16