



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Noack, Jens

Club: LG Mauerweg Berlin

Number: 455

Course: 22.75 km

Halbmarathon

Category:

Senioren M55 (55-59 Jahre)

Total time: 3:06:30

Speed: 7.08 km/h

Running performance: 8:12 min/km

Rank in course/Total: 237 (of 244)

Rank in course/Men: 174 (of 179)

Best time in course: 1:31:15

Rank in category: 22(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	24:13	7:27	22	8:37	177	11:15	3.25	24:13	7:27	22	8:37	177	11:15	
Lap 2	3.25	25:29	7:50	22	9:57	179	12:25	6.50	49:42	7:38	22	18:19	179	23:22	
Lap 3	3.25	26:12	8:03	22	10:30	179	13:02	9.75	1:15:54	7:47	22	28:49	179	36:24	
Lap 4	3.25	27:08	8:20	22	11:02	179	14:08	13.00	1:43:02	7:55	22	39:51	179	50:32	
Lap 5	3.25	27:21	8:24	21	10:44	177	14:34	16.25	2:10:23	8:01	22	50:35	178	1:05:06	
Lap 6	3.25	28:24	8:44	22	11:45	175	15:30	19.50	2:38:47	8:08	22	1:01:58	177	1:20:36	
Last lap Finish	3.25	27:43	8:31	20	11:42	166	14:39	22.75	3:06:30	8:11	22	1:12:32	175	1:54:14	