



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Schönwald, Gerrit

Club: Schermbeck

Number: 496

Course: 22.75 km

Halbmarathon

Category:

Senioren M35 (35-39 Jahre)

Total time: 1:32:02

Speed: 14.34 km/h

Running performance: 4:03 min/km

Rank in course/Total: 2 (of 244)

Rank in course/Men: 2 (of 177)

Best time in course: 1:31:43

Rank in category: 1(of 25)

Best time in the category: 1:32:02

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 | 11:58 | 3:40 | 1 | - | 1 | - | 3.25 | 11:58 | 3:40 | 1 | - | 1 | - |
| Lap 2 | 3.25 | 12:35 | 3:52 | 1 | - | 1 | - | 6.50 | 24:33 | 3:46 | 1 | - | 1 | - |
| Lap 3 | 3.25 | 13:12 | 4:03 | 2 | 0:02 | 4 | 0:28 | 9.75 | 37:45 | 3:52 | 1 | - | 1 | - |
| Lap 4 | 3.25 | 13:26 | 4:08 | 1 | - | 3 | 0:13 | 13.00 | 51:11 | 3:56 | 1 | - | 1 | - |
| Lap 5 | 3.25 | 13:46 | 4:14 | 2 | 0:14 | 4 | 0:30 | 16.25 | 1:04:57 | 3:59 | 1 | - | 1 | - |
| Lap 6 | 3.25 | 13:45 | 4:13 | 1 | - | 3 | 0:24 | 19.50 | 1:18:42 | 4:02 | 1 | - | 1 | - |
| Last lap Finish | 3.25 | 13:20 | 4:06 | 1 | - | 2 | 0:32 | 22.75 | 1:32:02 | 4:02 | 1 | - | 2 | 0:19 |