



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Knoll, Martin

Club: LG Bad Frankenhausen / Göllingen
Number: 399

Course: 22.75 km
Halbmarathon

Category:
Senioren M30 (30-34 Jahre)

Total time: 1:31:43

Speed: 14.39 km/h
Running performance: 4:02 min/km

Rank in course/Total: 1 (of 244)

Rank in course/Men: 1 (of 177)

Best time in course: 1:31:43

Rank in category: 1(of 21)

Best time in the category: 1:31:43

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	12:46	3:55	1	-	4	0:48	3.25	12:46	3:55	1	-	4	0:48
Lap 2	3.25	13:06	4:01	2	0:14	4	0:31	6.50	25:52	3:58	2	0:08	5	1:19
Lap 3	3.25	13:11	4:03	2	0:27	3	0:27	9.75	39:03	4:00	2	0:35	4	1:18
Lap 4	3.25	13:13	4:03	1	-	1	-	13.00	52:16	4:01	2	0:26	4	1:05
Lap 5	3.25	13:18	4:05	2	0:02	2	0:02	16.25	1:05:34	4:02	2	0:28	4	0:37
Lap 6	3.25	13:21	4:06	1	-	1	-	19.50	1:18:55	4:02	2	0:13	3	0:13
Last lap Finish	3.25	12:48	3:56	1	-	1	-	22.75	1:31:43	4:01	1	-	1	-