



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Regele, Michael

Club: FC Eichel

Number: 469

Course: 22.75 km

Halbmarathon

Category:

Senioren M35 (35-39 Jahre)

Total time: 1:33:00

Speed: 14.19 km/h

Running performance: 4:05 min/km

Rank in course/Total: 4 (of 244)

Rank in course/Men: 4 (of 177)

Best time in course: 1:31:43

Rank in category: 2(of 25)

Best time in the category: 1:32:02

Intermediate times

Stage score

Total ranking

Control	Intermediate times					Stage score			Total ranking					
	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	12:03	3:42	2	0:05	2	0:05	3.25	12:03	3:42	2	0:05	2	0:05
Lap 2	3.25	13:02	4:00	2	0:27	3	0:27	6.50	25:05	3:51	2	0:32	2	0:32
Lap 3	3.25	13:10	4:03	1	-	2	0:26	9.75	38:15	3:55	2	0:30	2	0:30
Lap 4	3.25	13:32	4:09	2	0:06	4	0:19	13.00	51:47	3:59	2	0:36	2	0:36
Lap 5	3.25	13:32	4:09	1	-	3	0:16	16.25	1:05:19	4:01	2	0:22	3	0:22
Lap 6	3.25	13:47	4:14	2	0:02	4	0:26	19.50	1:19:06	4:03	2	0:24	4	0:24
Last lap Finish	3.25	13:54	4:16	3	0:34	5	1:06	22.75	1:33:00	4:05	2	0:58	4	1:17