



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Nelke, Matthias

Club: DJK Teutonia Gaustadt

Number: 449

Course: 22.75 km

Halbmarathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:38:53

Speed: 13.80 km/h

Running performance: 4:21 min/km

Rank in course/Total: 6 (of 244)

Rank in course/Men: 6 (of 177)

Best time in course: 1:31:43

Rank in category: 1(of 34)

Best time in the category: 1:38:53

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	13:17	4:05	1	-	7	1:19	3.25	13:17	4:05	1	-	7	1:19
Lap 2	3.25	13:56	4:17	1	-	8	1:21	6.50	27:13	4:11	1	-	7	2:40
Lap 3	3.25	14:21	4:24	2	0:20	7	1:37	9.75	41:34	4:15	1	-	7	3:49
Lap 4	3.25	14:15	4:23	2	0:02	7	1:02	13.00	55:49	4:17	1	-	7	4:38
Lap 5	3.25	14:28	4:27	2	0:21	8	1:12	16.25	1:10:17	4:19	1	-	7	5:20
Lap 6	3.25	14:27	4:26	2	0:37	7	1:06	19.50	1:24:44	4:20	1	-	7	6:02
Last lap Finish	3.25	14:09	4:21	2	0:15	7	1:21	22.75	1:38:53	4:20	1	-	6	7:10