



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Kirchner, Rainer

Club: Böhnlein Sports Bamberg

Number: 394

Course: 22.75 km

Halbmarathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:39:52

Speed: 13.22 km/h

Running performance: 4:23 min/km

Rank in course/Total: 8 (of 244)

Rank in course/Men: 8 (of 177)

Best time in course: 1:31:43

Rank in category: 2(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	14:50	4:33	6	1:33	26	2:52	3.25	14:50	4:33	6	1:33	26	2:52	
Lap 2	3.25	14:57	4:35	4	1:01	19	2:22	6.50	29:47	4:34	5	2:34	23	5:14	
Lap 3	3.25	14:01	4:18	1	-	6	1:17	9.75	43:48	4:29	4	2:14	17	6:03	
Lap 4	3.25	14:13	4:22	1	-	6	1:00	13.00	58:01	4:27	3	2:12	12	6:50	
Lap 5	3.25	14:07	4:20	1	-	5	0:51	16.25	1:12:08	4:26	2	1:51	9	7:11	
Lap 6	3.25	13:50	4:15	1	-	5	0:29	19.50	1:25:58	4:24	2	1:14	8	7:16	
Last lap Finish	3.25	13:54	4:16	1	-	5	1:06	22.75	1:39:52	4:23	2	0:59	8	8:09	