



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Bennett, Dominik

Club: Eintracht Braunschweig

Number: 311

Course: 22.75 km

Halbmarathon

Category:

Senioren M30 (30-34 Jahre)

Total time: 1:44:02

Speed: 12.69 km/h

Running performance: 4:34 min/km

Rank in course/Total: 11 (of 244)

Rank in course/Men: 11 (of 177)

Best time in course: 1:31:43

Rank in category: 3(of 21)

Best time in the category: 1:31:43

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	13:23	4:07	4	0:37	8	1:25	3.25	13:23	4:07	4	0:37	8	1:25	
Lap 2	3.25	14:19	4:24	5	1:27	13	1:44	6.50	27:42	4:15	5	1:58	12	3:09	
Lap 3	3.25	14:45	4:32	5	2:01	13	2:01	9.75	42:27	4:21	5	3:59	11	4:42	
Lap 4	3.25	15:15	4:41	4	2:02	14	2:02	13.00	57:42	4:26	4	5:52	10	6:31	
Lap 5	3.25	15:31	4:46	5	2:15	17	2:15	16.25	1:13:13	4:30	4	8:07	13	8:16	
Lap 6	3.25	16:01	4:55	7	2:40	21	2:40	19.50	1:29:14	4:34	4	10:32	13	10:32	
Last lap Finish	3.25	14:48	4:33	3	2:00	9	2:00	22.75	1:44:02	4:34	3	12:19	11	12:19	