



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Wind, Alexander

Club: TV Maikammer

Number: 549

Course: 22.75 km

Halbmarathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:44:09

Speed: 13.11 km/h

Running performance: 4:35 min/km

Rank in course/Total: 12 (of 244)

Rank in course/Men: 12 (of 177)

Best time in course: 1:31:43

Rank in category: 4(of 34)

Best time in the category: 1:38:53

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	14:15	4:23	4	0:58	18	2:17	3.25	14:15	4:23	4	0:58	18	2:17
Lap 2	3.25	14:29	4:27	2	0:33	14	1:54	6.50	28:44	4:25	3	1:31	15	4:11
Lap 3	3.25	14:36	4:29	3	0:35	11	1:52	9.75	43:20	4:26	3	1:46	15	5:35
Lap 4	3.25	14:43	4:31	3	0:30	9	1:30	13.00	58:03	4:27	4	2:14	13	6:52
Lap 5	3.25	15:02	4:37	3	0:55	10	1:46	16.25	1:13:05	4:29	3	2:48	11	8:08
Lap 6	3.25	15:37	4:48	4	1:47	16	2:16	19.50	1:28:42	4:32	4	3:58	12	10:00
Last lap Finish	3.25	15:27	4:45	4	1:33	14	2:39	22.75	1:44:09	4:34	4	5:16	12	12:26