



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Vollhardt, Jürgen

Club: Stoll Performance Advanced

Number: 533

Course: 22.75 km

Halbmarathon

Category:

Senioren M30 (30-34 Jahre)

Total time: 1:44:13

Speed: 12.67 km/h

Running performance: 4:35 min/km

Rank in course/Total: 13 (of 244)

Rank in course/Men: 13 (of 177)

Best time in course: 1:31:43

Rank in category: 4(of 21)

Best time in the category: 1:31:43

Intermediate times					Stage score				Total ranking					
Control	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	13:12	4:03	3	0:26	6	1:14	3.25	13:12	4:03	3	0:26	6	1:14
Lap 2	3.25	14:09	4:21	3	1:17	10	1:34	6.50	27:21	4:12	3	1:37	9	2:48
Lap 3	3.25	14:35	4:29	4	1:51	10	1:51	9.75	41:56	4:18	3	3:28	9	4:11
Lap 4	3.25	14:58	4:36	3	1:45	12	1:45	13.00	56:54	4:22	3	5:04	9	5:43
Lap 5	3.25	15:16	4:41	3	2:00	13	2:00	16.25	1:12:10	4:26	3	7:04	10	7:13
Lap 6	3.25	15:53	4:53	5	2:32	18	2:32	19.50	1:28:03	4:30	3	9:21	10	9:21
Last lap Finish	3.25	16:10	4:58	6	3:22	24	3:22	22.75	1:44:13	4:34	4	12:30	13	12:30