



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Schweiger, Ralf

Club: Gießen

Number: 504

Course: 22.75 km

Halbmarathon

Category:

Senioren M50 (50-54 Jahre)

Total time: 1:45:14

Speed: 12.54 km/h

Running performance: 4:38 min/km

Rank in course/Total: 15 (of 244)

Rank in course/Men: 15 (of 177)

Best time in course: 1:31:43

Rank in category: 1(of 30)

Best time in the category: 1:45:14

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	14:10	4:21	1	-	17	2:12	3.25	14:10	4:21	1	-	17	2:12
Lap 2	3.25	14:36	4:29	1	-	17	2:01	6.50	28:46	4:25	1	-	16	4:13
Lap 3	3.25	14:57	4:35	1	-	15	2:13	9.75	43:43	4:29	1	-	16	5:58
Lap 4	3.25	15:18	4:42	1	-	16	2:05	13.00	59:01	4:32	1	-	15	7:50
Lap 5	3.25	15:28	4:45	1	-	15	2:12	16.25	1:14:29	4:35	1	-	14	9:32
Lap 6	3.25	15:18	4:42	1	-	12	1:57	19.50	1:29:47	4:36	1	-	14	11:05
Last lap Finish	3.25	15:27	4:45	1	-	14	2:39	22.75	1:45:14	4:37	1	-	15	13:31