



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Knaub, Richard

Club: Cologne Running Crew

Number: 708

Course: 22.75 km

Halbmarathon

Category:

Männer (20-29 Jahre)

Total time: 1:47:03

Speed: 12.75 km/h

Running performance: 4:43 min/km

Rank in course/Total: 16 (of 244)

Rank in course/Men: 16 (of 177)

Best time in course: 1:31:43

Rank in category: 1(of 8)

Best time in the category: 1:47:03

Intermediate times

Stage score

Total ranking

Control	Split		Split min/km	Pos Cat.	Behind Cat.	Pos		Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
	km	Time				Men	Men								
Lap 1	3.25	14:35	4:29	2	0:06	22	2:37		3.25	14:35	4:29	2	0:06	22	2:37
Lap 2	3.25	14:29	4:27	1	-	14	1:54	6.50	29:04	4:28	1	-	18	4:31	
Lap 3	3.25	15:03	4:37	1	-	18	2:19	9.75	44:07	4:31	1	-	18	6:22	
Lap 4	3.25	15:31	4:46	2	0:13	22	2:18	13.00	59:38	4:35	1	-	16	8:27	
Lap 5	3.25	15:46	4:51	1	-	21	2:30	16.25	1:15:24	4:38	1	-	15	10:27	
Lap 6	3.25	15:52	4:52	1	-	17	2:31	19.50	1:31:16	4:40	1	-	16	12:34	
Last lap Finish	3.25	15:47	4:51	1	-	17	2:59	22.75	1:47:03	4:42	1	-	16	15:20	