



# 14. Kristall-Marathon

Merkers / 16.02.2020

## Detailed evaluation

**Goldermann, John**

Club: Eisenach

Number: 356

Course: 22.75 km

Halbmarathon

Category:

Senioren M30 (30-34 Jahre)

Total time: 1:47:15

Speed: 12.31 km/h

Running performance: 4:43 min/km

Rank in course/Total: 18 (of 244)

Rank in course/Men: 17 (of 177)

Best time in course: 1:31:43

Rank in category: 5(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     | 15:16      | 4:41         | 7        | 2:30        | 36      | 3:18       | 3.25     | 15:16         | 4:41         | 7        | 2:30        | 36      | 3:18       |
| Lap 2              | 3.25     | 15:16      | 4:41         | 6        | 2:24        | 28      | 2:41       | 6.50     | 30:32         | 4:41         | 6        | 4:48        | 33      | 5:59       |
| Lap 3              | 3.25     | 15:05      | 4:38         | 6        | 2:21        | 19      | 2:21       | 9.75     | 45:37         | 4:40         | 6        | 7:09        | 28      | 7:52       |
| Lap 4              | 3.25     | 15:19      | 4:42         | 5        | 2:06        | 18      | 2:06       | 13.00    | 1:00:56       | 4:41         | 5        | 9:06        | 25      | 9:45       |
| Lap 5              | 3.25     | 15:40      | 4:49         | 6        | 2:24        | 18      | 2:24       | 16.25    | 1:16:36       | 4:42         | 5        | 11:30       | 21      | 11:39      |
| Lap 6              | 3.25     | 15:36      | 4:47         | 4        | 2:15        | 15      | 2:15       | 19.50    | 1:32:12       | 4:43         | 5        | 13:30       | 18      | 13:30      |
| Last lap Finish    | 3.25     | 15:03      | 4:37         | 4        | 2:15        | 10      | 2:15       | 22.75    | 1:47:15       | 4:42         | 5        | 15:32       | 17      | 15:32      |