



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