



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Kempf, Jan

Club: Treveris Thermen Flitzer

Number: 391

Course: 22.75 km

Halbmarathon

Category:

Männer (20-29 Jahre)

Total time: 1:49:06

Speed: 12.10 km/h

Running performance: 4:48 min/km

Rank in course/Total: 20 (of 244)

Rank in course/Men: 19 (of 177)

Best time in course: 1:31:43

Rank in category: 2(of 8)

Best time in the category: 1:47:03

Intermediate times

Stage score

Total ranking

Control	Intermediate times					Stage score			Total ranking					
	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	15:04	4:38	3	0:35	31	3:06	3.25	15:04	4:38	3	0:35	31	3:06
Lap 2	3.25	15:00	4:36	2	0:31	22	2:25	6.50	30:04	4:37	3	1:00	27	5:31
Lap 3	3.25	15:12	4:40	2	0:09	21	2:28	9.75	45:16	4:38	2	1:09	24	7:31
Lap 4	3.25	15:18	4:42	1	-	16	2:05	13.00	1:00:34	4:39	2	0:56	21	9:23
Lap 5	3.25	15:55	4:53	2	0:09	23	2:39	16.25	1:16:29	4:42	2	1:05	20	11:32
Lap 6	3.25	16:26	5:03	2	0:34	26	3:05	19.50	1:32:55	4:45	2	1:39	19	14:13
Last lap Finish	3.25	16:11	4:58	2	0:24	25	3:23	22.75	1:49:06	4:47	2	2:03	19	17:23