



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Lang, Andreas

Club: Läuferbund Schwarzenberg

Number: 416

Course: 22.75 km

Halbmarathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:50:09

Speed: 12.39 km/h

Running performance: 4:50 min/km

Rank in course/Total: 25 (of 244)

Rank in course/Men: 21 (of 177)

Best time in course: 1:31:43

Rank in category: 5(of 34)

Best time in the category: 1:38:53

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	13:53	4:16	2	0:36	14	1:55	3.25	13:53	4:16	2	0:36	14	1:55
Lap 2	3.25	15:12	4:40	6	1:16	27	2:37	6.50	29:05	4:28	4	1:52	19	4:32
Lap 3	3.25	15:18	4:42	7	1:17	25	2:34	9.75	44:23	4:33	5	2:49	19	6:38
Lap 4	3.25	15:15	4:41	5	1:02	14	2:02	13.00	59:38	4:35	5	3:49	16	8:27
Lap 5	3.25	16:09	4:58	7	2:02	26	2:53	16.25	1:15:47	4:39	5	5:30	17	10:50
Lap 6	3.25	17:31	5:23	9	3:41	42	4:10	19.50	1:33:18	4:47	5	8:34	22	14:36
Last lap Finish	3.25	16:51	5:11	9	2:57	37	4:03	22.75	1:50:09	4:50	5	11:16	21	18:26