



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Alte, Nico

Club: Gräfenroda

Number: 302

Course: 22.75 km

Halbmarathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:52:25

Speed: 11.74 km/h

Running performance: 4:56 min/km

Rank in course/Total: 34 (of 244)

Rank in course/Men: 29 (of 177)

Best time in course: 1:31:43

Rank in category: 7(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	15:01	4:37	7	1:44	29	3:03	3.25	15:01	4:37	7	1:44	29	3:03
Lap 2	3.25	15:00	4:36	5	1:04	22	2:25	6.50	30:01	4:37	6	2:48	25	5:28
Lap 3	3.25	15:30	4:46	8	1:29	29	2:46	9.75	45:31	4:40	6	3:57	26	7:46
Lap 4	3.25	16:04	4:56	8	1:51	31	2:51	13.00	1:01:35	4:44	6	5:46	27	10:24
Lap 5	3.25	16:28	5:03	8	2:21	32	3:12	16.25	1:18:03	4:48	6	7:46	27	13:06
Lap 6	3.25	18:28	5:40	12	4:38	63	5:07	19.50	1:36:31	4:56	7	11:47	33	17:49
Last lap Finish	3.25	15:54	4:53	5	2:00	19	3:06	22.75	1:52:25	4:56	7	13:32	29	20:42