



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Diegmüller, Jürgen

Club: SV Steinhaus

Number: 622

Course: 22.75 km

Halbmarathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 1:53:32

Speed: 11.63 km/h

Running performance: 4:59 min/km

Rank in course/Total: 39 (of 244)

Rank in course/Men: 33 (of 177)

Best time in course: 1:31:43

Rank in category: 2(of 23)

Best time in the category: 1:53:31

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	13:48	4:14	1	-	12	1:50	3.25	13:48	4:14	1	-	12	1:50
Lap 2	3.25	14:04	4:19	1	-	9	1:29	6.50	27:52	4:17	1	-	13	3:19
Lap 3	3.25	14:57	4:35	1	-	15	2:13	9.75	42:49	4:23	1	-	12	5:04
Lap 4	3.25	15:51	4:52	1	-	28	2:38	13.00	58:40	4:30	1	-	14	7:29
Lap 5	3.25	17:15	5:18	2	0:28	43	3:59	16.25	1:15:55	4:40	1	-	18	10:58
Lap 6	3.25	18:43	5:45	4	1:38	72	5:22	19.50	1:34:38	4:51	1	-	24	15:56
Last lap Finish	3.25	18:54	5:48	8	2:25	73	6:06	22.75	1:53:32	4:59	2	0:01	33	21:49