



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Krah, Michael

Club: Zeppelin Team OSC Potsdam

Number: 408

Course: 22.75 km

Halbmarathon

Category:

Senioren M50 (50-54 Jahre)

Total time: 1:53:45

Speed: 11.60 km/h

Running performance: 5:00 min/km

Rank in course/Total: 40 (of 244)

Rank in course/Men: 34 (of 177)

Best time in course: 1:31:43

Rank in category: 4(of 30)

Best time in the category: 1:45:14

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	15:32	4:46	3	1:22	40	3:34	3.25	15:32	4:46	3	1:22	40	3:34
Lap 2	3.25	15:49	4:51	4	1:13	40	3:14	6.50	31:21	4:49	3	2:35	38	6:48
Lap 3	3.25	16:09	4:58	4	1:12	40	3:25	9.75	47:30	4:52	4	3:47	37	9:45
Lap 4	3.25	16:13	4:59	4	0:55	34	3:00	13.00	1:03:43	4:54	4	4:42	34	12:32
Lap 5	3.25	16:38	5:07	4	1:10	34	3:22	16.25	1:20:21	4:56	4	5:52	36	15:24
Lap 6	3.25	16:44	5:08	4	1:26	28	3:23	19.50	1:37:05	4:58	4	7:18	36	18:23
Last lap Finish	3.25	16:40	5:07	5	1:13	34	3:52	22.75	1:53:45	5:00	4	8:31	34	22:02