



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Spieker, Markus

Club: TuS Ovenhausen

Number: 514

Course: 22.75 km

Halbmarathon

Category:

Senioren M35 (35-39 Jahre)

Total time: 1:54:03

Speed: 11.97 km/h

Running performance: 5:01 min/km

Rank in course/Total: 42 (of 244)

Rank in course/Men: 35 (of 177)

Best time in course: 1:31:43

Rank in category: 12(of 25)

Best time in the category: 1:32:02

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	13:28	4:08	5	1:30	10	1:30	3.25	13:28	4:08	5	1:30	10	1:30
Lap 2	3.25	14:13	4:22	6	1:38	11	1:38	6.50	27:41	4:15	6	3:08	10	3:08
Lap 3	3.25	15:19	4:42	8	2:09	26	2:35	9.75	43:00	4:24	6	5:15	13	5:15
Lap 4	3.25	16:51	5:11	14	3:25	41	3:38	13.00	59:51	4:36	6	8:40	18	8:40
Lap 5	3.25	17:11	5:17	14	3:39	42	3:55	16.25	1:17:02	4:44	7	12:05	23	12:05
Lap 6	3.25	18:13	5:36	17	4:28	60	4:52	19.50	1:35:15	4:53	11	16:33	28	16:33
Last lap Finish	3.25	18:48	5:47	18	5:28	70	6:00	22.75	1:54:03	5:00	12	22:01	35	22:20