



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Seibel, Christoph

Club: TV Maikammer

Number: 507

Course: 22.75 km

Halbmarathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:55:22

Speed: 11.44 km/h

Running performance: 5:04 min/km

Rank in course/Total: 45 (of 244)

Rank in course/Men: 38 (of 177)

Best time in course: 1:31:43

Rank in category: 9(of 34)

Best time in the category: 1:38:53

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	3.25	15:59	4:55	10	2:42	45	4:01	3.25	15:59	4:55	10	2:42	45	4:01
Lap 2	3.25	15:50	4:52	9	1:54	42	3:15	6.50	31:49	4:53	10	4:36	42	7:16
Lap 3	3.25	16:06	4:57	10	2:05	39	3:22	9.75	47:55	4:54	9	6:21	41	10:10
Lap 4	3.25	16:30	5:04	9	2:17	35	3:17	13.00	1:04:25	4:57	9	8:36	39	13:14
Lap 5	3.25	16:50	5:10	10	2:43	38	3:34	16.25	1:21:15	5:00	9	10:58	39	16:18
Lap 6	3.25	17:15	5:18	8	3:25	37	3:54	19.50	1:38:30	5:03	9	13:46	38	19:48
Last lap Finish	3.25	16:52	5:11	10	2:58	38	4:04	22.75	1:55:22	5:04	9	16:29	38	23:39