



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Grond, Josef

Club: Northwood Runners

Number: 649

Course: 22.75 km

Halbmarathon

Category:

Senioren M65 (65-69 Jahre)

Total time: 1:58:10

Speed: 11.17 km/h

Running performance: 5:11 min/km

Rank in course/Total: 51 (of 244)

Rank in course/Men: 43 (of 177)

Best time in course: 1:31:43

Rank in category: 1(of 2)

Best time in the category: 1:58:10

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	16:36	5:06	1	-	58	4:38	3.25	16:36	5:06	1	-	58	4:38	
Lap 2	3.25	16:59	5:13	1	-	68	4:24	6.50	33:35	5:10	1	-	63	9:02	
Lap 3	3.25	17:12	5:17	1	-	62	4:28	9.75	50:47	5:12	1	-	61	13:02	
Lap 4	3.25	16:43	5:08	1	-	39	3:30	13.00	1:07:30	5:11	1	-	55	16:19	
Lap 5	3.25	17:01	5:14	1	-	40	3:45	16.25	1:24:31	5:12	1	-	52	19:34	
Lap 6	3.25	17:13	5:17	1	-	36	3:52	19.50	1:41:44	5:13	1	-	49	23:02	
Last lap Finish	3.25	16:26	5:03	1	-	27	3:38	22.75	1:58:10	5:11	1	-	43	26:27	