



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Koch, Christian

Club: TV Gladenbach

Number: 402

Course: 22.75 km

Halbmarathon

Category:

Senioren M35 (35-39 Jahre)

Total time: 1:58:12

Speed: 11.17 km/h

Running performance: 5:12 min/km

Rank in course/Total: 52 (of 244)

Rank in course/Men: 44 (of 177)

Best time in course: 1:31:43

Rank in category: 16(of 25)

Best time in the category: 1:32:02

Intermediate times

Stage score

Total ranking

Control	Intermediate times					Stage score				Total ranking					
	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	14:39	4:30	9	2:41	24	2:41	3.25	14:39	4:30	9	2:41	24	2:41	
Lap 2	3.25	15:42	4:49	13	3:07	36	3:07	6.50	30:21	4:40	11	5:48	30	5:48	
Lap 3	3.25	16:35	5:06	16	3:25	45	3:51	9.75	46:56	4:48	11	9:11	33	9:11	
Lap 4	3.25	17:12	5:17	16	3:46	47	3:59	13.00	1:04:08	4:56	13	12:57	38	12:57	
Lap 5	3.25	17:40	5:26	15	4:08	53	4:24	16.25	1:21:48	5:02	14	16:51	40	16:51	
Lap 6	3.25	18:04	5:33	16	4:19	53	4:43	19.50	1:39:52	5:07	15	21:10	42	21:10	
Last lap Finish	3.25	18:20	5:38	16	5:00	59	5:32	22.75	1:58:12	5:11	16	26:10	44	26:29	