



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Süßmilch, Ralf

Club: LG Burg Wiedenbrück

Number: 523

Course: 22.75 km

Halbmarathon

Category:

Senioren M55 (55-59 Jahre)

Total time: 1:57:26

Speed: 11.24 km/h

Running performance: 5:10 min/km

Rank in course/Total: 50 (of 244)

Rank in course/Men: 42 (of 177)

Best time in course: 1:31:43

Rank in category: 1(of 23)

Best time in the category: 1:57:26

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	14:41	4:31	1	-	25	2:43	3.25	14:41	4:31	1	-	25	2:43
Lap 2	3.25	15:22	4:43	1	-	29	2:47	6.50	30:03	4:37	1	-	26	5:30
Lap 3	3.25	17:28	5:22	2	0:20	68	4:44	9.75	47:31	4:52	1	-	39	9:46
Lap 4	3.25	17:28	5:22	1	-	54	4:15	13.00	1:04:59	4:59	1	-	41	13:48
Lap 5	3.25	18:04	5:33	3	0:34	64	4:48	16.25	1:23:03	5:06	1	-	44	18:06
Lap 6	3.25	17:45	5:27	1	-	45	4:24	19.50	1:40:48	5:10	1	-	43	22:06
Last lap Finish	3.25	16:38	5:07	1	-	32	3:50	22.75	1:57:26	5:09	1	-	42	25:43