



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Nixdorf, Christopher

Club: OCR Heidesprinter

Number: 450

Course: 22.75 km

Halbmarathon

Category:

Männer (20-29 Jahre)

Total time: 2:00:37

Speed: 10.94 km/h

Running performance: 5:18 min/km

Rank in course/Total: 58 (of 244)

Rank in course/Men: 49 (of 177)

Best time in course: 1:31:43

Rank in category: 4(of 8)

Best time in the category: 1:47:03

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	16:04	4:56	4	1:35	48	4:06	3.25	16:04	4:56	4	1:35	48	4:06	
Lap 2	3.25	16:36	5:06	4	2:07	59	4:01	6.50	32:40	5:01	4	3:36	49	8:07	
Lap 3	3.25	16:45	5:09	4	1:42	49	4:01	9.75	49:25	5:04	4	5:18	52	11:40	
Lap 4	3.25	17:14	5:18	4	1:56	49	4:01	13.00	1:06:39	5:07	4	7:01	49	15:28	
Lap 5	3.25	17:32	5:23	4	1:46	50	4:16	16.25	1:24:11	5:10	4	8:47	49	19:14	
Lap 6	3.25	18:30	5:41	4	2:38	67	5:09	19.50	1:42:41	5:15	4	11:25	50	23:59	
Last lap Finish	3.25	17:56	5:31	3	2:09	51	5:08	22.75	2:00:37	5:18	4	13:34	49	28:54	