



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Dusek, Kai

Club: Nidderau

Number: 334

Course: 22.75 km

Halbmarathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:59:22

Speed: 11.44 km/h

Running performance: 5:15 min/km

Rank in course/Total: 56 (of 244)

Rank in course/Men: 47 (of 177)

Best time in course: 1:31:43

Rank in category: 10(of 34)

Best time in the category: 1:38:53

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	15:11	4:40	8	1:54	35	3:13	3.25	15:11	4:40	8	1:54	35	3:13	
Lap 2	3.25	15:49	4:51	8	1:53	40	3:14	6.50	31:00	4:46	8	3:47	36	6:27	
Lap 3	3.25	16:50	5:10	12	2:49	50	4:06	9.75	47:50	4:54	8	6:16	40	10:05	
Lap 4	3.25	17:43	5:27	14	3:30	64	4:30	13.00	1:05:33	5:02	12	9:44	47	14:22	
Lap 5	3.25	17:32	5:23	11	3:25	50	4:16	16.25	1:23:05	5:06	11	12:48	45	18:08	
Lap 6	3.25	18:12	5:35	11	4:22	58	4:51	19.50	1:41:17	5:11	10	16:33	44	22:35	
Last lap Finish	3.25	18:05	5:33	12	4:11	54	5:17	22.75	1:59:22	5:14	10	20:29	47	27:39	