



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Schake, Markus

Club: Braunschweig

Number: 483

Course: 22.75 km

Halbmarathon

Category:

Senioren M30 (30-34 Jahre)

Total time: 2:02:08

Speed: 10.81 km/h

Running performance: 5:22 min/km

Rank in course/Total: 64 (of 244)

Rank in course/Men: 53 (of 177)

Best time in course: 1:31:43

Rank in category: 9(of 21)

Best time in the category: 1:31:43

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	16:37	5:06	11	3:51	60	4:39	3.25	16:37	5:06	11	3:51	60	4:39	
Lap 2	3.25	16:36	5:06	11	3:44	59	4:01	6.50	33:13	5:06	12	7:29	58	8:40	
Lap 3	3.25	17:16	5:18	12	4:32	63	4:32	9.75	50:29	5:10	11	12:01	58	12:44	
Lap 4	3.25	17:28	5:22	9	4:15	54	4:15	13.00	1:07:57	5:13	9	16:07	56	16:46	
Lap 5	3.25	17:46	5:28	11	4:30	55	4:30	16.25	1:25:43	5:16	10	20:37	57	20:46	
Lap 6	3.25	17:53	5:30	10	4:32	48	4:32	19.50	1:43:36	5:18	10	24:54	54	24:54	
Last lap Finish	3.25	18:32	5:42	12	5:44	66	5:44	22.75	2:02:08	5:22	9	30:25	53	30:25	