



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Müller, Steffen

Club: München

Number: 445

Course: 22.75 km

Halbmarathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 2:00:42

Speed: 11.31 km/h

Running performance: 5:19 min/km

Rank in course/Total: 59 (of 244)

Rank in course/Men: 50 (of 177)

Best time in course: 1:31:43

Rank in category: 12(of 34)

Best time in the category: 1:38:53

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	14:38	4:30	5	1:21	23	2:40	3.25	14:38	4:30	5	1:21	23	2:40	
Lap 2	3.25	15:52	4:52	10	1:56	43	3:17	6.50	30:30	4:41	7	3:17	32	5:57	
Lap 3	3.25	16:44	5:08	11	2:43	48	4:00	9.75	47:14	4:50	7	5:40	35	9:29	
Lap 4	3.25	17:47	5:28	15	3:34	68	4:34	13.00	1:05:01	5:00	10	9:12	42	13:50	
Lap 5	3.25	18:08	5:34	16	4:01	67	4:52	16.25	1:23:09	5:07	12	12:52	46	18:12	
Lap 6	3.25	18:34	5:42	16	4:44	70	5:13	19.50	1:41:43	5:12	12	16:59	48	23:01	
Last lap Finish	3.25	18:59	5:50	17	5:05	77	6:11	22.75	2:00:42	5:18	12	21:49	50	28:59	