



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Körner, Matthias

Club: Leinefelde

Number: 405

Course: 22.75 km

Halbmarathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 2:01:28

Speed: 10.87 km/h

Running performance: 5:20 min/km

Rank in course/Total: 61 (of 244)

Rank in course/Men: 51 (of 177)

Best time in course: 1:31:43

Rank in category: 13(of 34)

Best time in the category: 1:38:53

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
Lap 1	3.25	19:17	5:56	26	6:00	129	7:19	3.25	19:17	5:56	26	6:00	129	7:19
Lap 2	3.25	18:04	5:33	21	4:08	104	5:29	6.50	37:21	5:44	23	10:08	110	12:48
Lap 3	3.25	17:09	5:16	14	3:08	59	4:25	9.75	54:30	5:35	20	12:56	98	16:45
Lap 4	3.25	16:47	5:09	10	2:34	40	3:34	13.00	1:11:17	5:29	17	15:28	81	20:06
Lap 5	3.25	16:48	5:10	9	2:41	37	3:32	16.25	1:28:05	5:25	16	17:48	70	23:08
Lap 6	3.25	16:47	5:09	6	2:57	30	3:26	19.50	1:44:52	5:22	14	20:08	60	26:10
Last lap Finish	3.25	16:36	5:06	8	2:42	31	3:48	22.75	2:01:28	5:20	13	22:35	51	29:45