



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Friedland, Marc

Club: Kaltenkirchen

Number: 346

Course: 22.75 km

Halbmarathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 2:02:49

Speed: 10.75 km/h

Running performance: 5:24 min/km

Rank in course/Total: 68 (of 244)

Rank in course/Men: 57 (of 177)

Best time in course: 1:31:43

Rank in category: 14(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	15:27	4:45	9	2:10	38	3:29	3.25	15:27	4:45	9	2:10	38	3:29
Lap 2	3.25	16:07	4:57	13	2:11	50	3:32	6.50	31:34	4:51	9	4:21	41	7:01
Lap 3	3.25	17:18	5:19	15	3:17	64	4:34	9.75	48:52	5:00	13	7:18	50	11:07
Lap 4	3.25	18:07	5:34	18	3:54	79	4:54	13.00	1:06:59	5:09	13	11:10	51	15:48
Lap 5	3.25	18:13	5:36	17	4:06	72	4:57	16.25	1:25:12	5:14	13	14:55	53	20:15
Lap 6	3.25	19:10	5:53	18	5:20	80	5:49	19.50	1:44:22	5:21	13	19:38	56	25:40
Last lap Finish	3.25	18:27	5:40	13	4:33	64	5:39	22.75	2:02:49	5:23	14	23:56	57	31:06