



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Förster, Udo

Club: Team Camerone e.V.

Number: 344

Course: 22.75 km

Halbmarathon

Category:

Senioren M55 (55-59 Jahre)

Total time: 2:03:04

Speed: 10.73 km/h

Running performance: 5:25 min/km

Rank in course/Total: 70 (of 244)

Rank in course/Men: 58 (of 177)

Best time in course: 1:31:43

Rank in category: 2(of 23)

Best time in the category: 1:57:26

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	16:33	5:05	4	1:52	56	4:35	3.25	16:33	5:05	4	1:52	56	4:35	
Lap 2	3.25	17:01	5:14	4	1:39	69	4:26	6.50	33:34	5:09	4	3:31	62	9:01	
Lap 3	3.25	17:56	5:31	6	0:48	84	5:12	9.75	51:30	5:16	3	3:59	66	13:45	
Lap 4	3.25	17:47	5:28	4	0:19	68	4:34	13.00	1:09:17	5:19	3	4:18	66	18:06	
Lap 5	3.25	17:30	5:23	1	-	48	4:14	16.25	1:26:47	5:20	3	3:44	61	21:50	
Lap 6	3.25	18:16	5:37	3	0:31	61	4:55	19.50	1:45:03	5:23	3	4:15	63	26:21	
Last lap Finish	3.25	18:01	5:32	4	1:23	53	5:13	22.75	2:03:04	5:24	2	5:38	58	31:21	