



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Sailer, Robin

Club: Rotenburg

Number: 481

Course: 22.75 km

Halbmarathon

Category:

Senioren M30 (30-34 Jahre)

Total time: 1:58:44

Speed: 11.12 km/h

Running performance: 5:13 min/km

Rank in course/Total: 53 (of 244)

Rank in course/Men: 45 (of 177)

Best time in course: 1:31:43

Rank in category: 8(of 21)

Best time in the category: 1:31:43

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	16:42	5:08	12	3:56	61	4:44	3.25	16:42	5:08	12	3:56	61	4:44	
Lap 2	3.25	16:06	4:57	9	3:14	49	3:31	6.50	32:48	5:02	9	7:04	50	8:15	
Lap 3	3.25	16:35	5:06	9	3:51	45	3:51	9.75	49:23	5:03	9	10:55	51	11:38	
Lap 4	3.25	17:19	5:19	8	4:06	51	4:06	13.00	1:06:42	5:07	8	14:52	50	15:31	
Lap 5	3.25	17:24	5:21	9	4:08	47	4:08	16.25	1:24:06	5:10	8	19:00	48	19:09	
Lap 6	3.25	17:28	5:22	9	4:07	40	4:07	19.50	1:41:34	5:12	8	22:52	47	22:52	
Last lap Finish	3.25	17:10	5:16	7	4:22	43	4:22	22.75	1:58:44	5:13	8	27:01	45	27:01	