



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Brettschneider, Frank

Club: Stahl-Walzwerk-Hettstedt

Number: 317

Course: 22.75 km

Halbmarathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 2:03:26

Speed: 10.69 km/h

Running performance: 5:26 min/km

Rank in course/Total: 72 (of 244)

Rank in course/Men: 60 (of 177)

Best time in course: 1:31:43

Rank in category: 4(of 23)

Best time in the category: 1:53:31

Intermediate times

Stage score

Total ranking

Control	Split			Pos		Behind		Total			Pos		Behind	
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Lap 1	3.25	17:37	5:25	11	3:49	89	5:39	3.25	17:37	5:25	11	3:49	89	5:39
Lap 2	3.25	17:51	5:29	11	3:47	91	5:16	6.50	35:28	5:27	10	7:36	91	10:55
Lap 3	3.25	17:21	5:20	4	2:24	66	4:37	9.75	52:49	5:25	9	10:00	83	15:04
Lap 4	3.25	17:13	5:17	3	1:22	48	4:00	13.00	1:10:02	5:23	6	11:22	72	18:51
Lap 5	3.25	17:17	5:19	3	0:30	45	4:01	16.25	1:27:19	5:22	4	11:24	65	22:22
Lap 6	3.25	17:58	5:31	3	0:53	51	4:37	19.50	1:45:17	5:23	4	10:39	64	26:35
Last lap Finish	3.25	18:09	5:35	5	1:40	56	5:21	22.75	2:03:26	5:25	4	9:55	60	31:43