



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Zschäbitz, Ralf

Club: Philippsthaler Landgrafen

Number: 553

Course: 22.75 km

Halbmarathon

Category:

Senioren M55 (55-59 Jahre)

Total time: 2:04:16

Speed: 10.62 km/h

Running performance: 5:28 min/km

Rank in course/Total: 78 (of 244)

Rank in course/Men: 65 (of 177)

Best time in course: 1:31:43

Rank in category: 3(of 23)

Best time in the category: 1:57:26

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	16:02	4:56	3	1:21	46	4:04	3.25	16:02	4:56	3	1:21	46	4:04
Lap 2	3.25	16:30	5:04	2	1:08	55	3:55	6.50	32:32	5:00	2	2:29	47	7:59
Lap 3	3.25	17:08	5:16	1	-	58	4:24	9.75	49:40	5:05	2	2:09	53	11:55
Lap 4	3.25	17:46	5:28	3	0:18	66	4:33	13.00	1:07:26	5:11	2	2:27	54	16:15
Lap 5	3.25	18:32	5:42	5	1:02	81	5:16	16.25	1:25:58	5:17	2	2:55	58	21:01
Lap 6	3.25	19:01	5:51	6	1:16	76	5:40	19.50	1:44:59	5:23	2	4:11	62	26:17
Last lap Finish	3.25	19:17	5:56	6	2:39	79	6:29	22.75	2:04:16	5:27	3	6:50	65	32:33