



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Biskamp, Stephan

Club: Philippsthaler Landgrafen

Number: 313

Course: 22.75 km

Halbmarathon

Category:

Senioren M55 (55-59 Jahre)

Total time: 2:04:36

Speed: 10.59 km/h

Running performance: 5:29 min/km

Rank in course/Total: 82 (of 244)

Rank in course/Men: 68 (of 177)

Best time in course: 1:31:43

Rank in category: 4(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	18:29	5:41	9	3:48	108	6:31	3.25	18:29	5:41	9	3:48	108	6:31
Lap 2	3.25	17:54	5:30	9	2:32	95	5:19	6.50	36:23	5:35	9	6:20	99	11:50
Lap 3	3.25	17:49	5:28	5	0:41	80	5:05	9.75	54:12	5:33	8	6:41	95	16:27
Lap 4	3.25	17:29	5:22	2	0:01	56	4:16	13.00	1:11:41	5:30	8	6:42	86	20:30
Lap 5	3.25	18:01	5:32	2	0:31	62	4:45	16.25	1:29:42	5:31	6	6:39	80	24:45
Lap 6	3.25	17:51	5:29	2	0:06	47	4:30	19.50	1:47:33	5:30	4	6:45	73	28:51
Last lap Finish	3.25	17:03	5:14	2	0:25	41	4:15	22.75	2:04:36	5:28	4	7:10	68	32:53