



# 14. Kristall-Marathon

Merkers / 16.02.2020

## Detailed evaluation

**Kage, Eric**

Club: Kaltenkirchen

Number: 388

Course: 22.75 km

Halbmarathon

Category:

Senioren M30 (30-34 Jahre)

Total time: 2:04:50

Speed: 10.57 km/h

Running performance: 5:29 min/km

Rank in course/Total: 85 (of 244)

Rank in course/Men: 70 (of 177)

Best time in course: 1:31:43

Rank in category: 12(of 21)

Best time in the category: 1:31:43

Intermediate times				Stage score				Total ranking						
Control	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	17:35	5:24	16	4:49	85	5:37	3.25	17:35	5:24	16	4:49	85	5:37
Lap 2	3.25	17:20	5:19	13	4:28	74	4:45	6.50	34:55	5:22	14	9:11	81	10:22
Lap 3	3.25	17:49	5:28	14	5:05	80	5:05	9.75	52:44	5:24	14	14:16	82	14:59
Lap 4	3.25	17:59	5:31	13	4:46	74	4:46	13.00	1:10:43	5:26	13	18:53	76	19:32
Lap 5	3.25	18:07	5:34	13	4:51	66	4:51	16.25	1:28:50	5:28	14	23:44	73	23:53
Lap 6	3.25	18:07	5:34	14	4:46	56	4:46	19.50	1:46:57	5:29	14	28:15	72	28:15
Last lap Finish	3.25	17:53	5:30	9	5:05	50	5:05	22.75	2:04:50	5:29	12	33:07	70	33:07