



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Römisch, Sven

Club: Crazy Runners Team Frankenwald

Number: 476

Course: 22.75 km

Halbmarathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 2:04:29

Speed: 10.97 km/h

Running performance: 5:28 min/km

Rank in course/Total: 80 (of 244)

Rank in course/Men: 66 (of 177)

Best time in course: 1:31:43

Rank in category: 5(of 23)

Best time in the category: 1:53:31

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	17:18	5:19	7	3:30	80	5:20	3.25	17:18	5:19	7	3:30	80	5:20
Lap 2	3.25	16:33	5:05	3	2:29	58	3:58	6.50	33:51	5:12	5	5:59	69	9:18
Lap 3	3.25	17:09	5:16	3	2:12	59	4:25	9.75	51:00	5:13	3	8:11	63	13:15
Lap 4	3.25	18:05	5:33	7	2:14	77	4:52	13.00	1:09:05	5:18	3	10:25	63	17:54
Lap 5	3.25	18:22	5:39	6	1:35	76	5:06	16.25	1:27:27	5:22	5	11:32	67	22:30
Lap 6	3.25	19:20	5:56	7	2:15	86	5:59	19.50	1:46:47	5:28	5	12:09	69	28:05
Last lap Finish	3.25	17:42	5:26	4	1:13	49	4:54	22.75	2:04:29	5:28	5	10:58	66	32:46