



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Köster, Thomas

Club: n/a

Number: 406

Course: 22.75 km

Halbmarathon

Category:

Senioren M50 (50-54 Jahre)

Total time: 2:05:56

Speed: 10.84 km/h

Running performance: 5:32 min/km

Rank in course/Total: 89 (of 244)

Rank in course/Men: 72 (of 177)

Best time in course: 1:31:43

Rank in category: 8(of 30)

Best time in the category: 1:45:14

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	17:58	5:31	10	3:48	97	6:00	3.25	17:58	5:31	10	3:48	97	6:00
Lap 2	3.25	17:48	5:28	9	3:12	89	5:13	6.50	35:46	5:30	10	7:00	94	11:13
Lap 3	3.25	17:43	5:27	9	2:46	75	4:59	9.75	53:29	5:29	10	9:46	90	15:44
Lap 4	3.25	17:39	5:25	7	2:21	61	4:26	13.00	1:11:08	5:28	9	12:07	80	19:57
Lap 5	3.25	18:13	5:36	8	2:45	72	4:57	16.25	1:29:21	5:29	9	14:52	75	24:24
Lap 6	3.25	18:12	5:35	8	2:54	58	4:51	19.50	1:47:33	5:30	9	17:46	73	28:51
Last lap Finish	3.25	18:23	5:39	6	2:56	61	5:35	22.75	2:05:56	5:32	8	20:42	72	34:13