



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Ströhlein, Mario

Club: CrazyRunners Team Frankenwald

Number: 521

Course: 22.75 km

Halbmarathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 2:06:58

Speed: 10.40 km/h

Running performance: 5:35 min/km

Rank in course/Total: 94 (of 244)

Rank in course/Men: 77 (of 177)

Best time in course: 1:31:43

Rank in category: 6(of 23)

Best time in the category: 1:53:31

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	17:36	5:24	10	3:48	88	5:38	3.25	17:36	5:24	10	3:48	88	5:38	
Lap 2	3.25	16:46	5:09	5	2:42	64	4:11	6.50	34:22	5:17	7	6:30	76	9:49	
Lap 3	3.25	17:29	5:22	5	2:32	69	4:45	9.75	51:51	5:19	4	9:02	71	14:06	
Lap 4	3.25	17:55	5:30	5	2:04	70	4:42	13.00	1:09:46	5:21	5	11:06	71	18:35	
Lap 5	3.25	19:42	6:03	9	2:55	98	6:26	16.25	1:29:28	5:30	6	13:33	77	24:31	
Lap 6	3.25	19:13	5:54	6	2:08	81	5:52	19.50	1:48:41	5:34	6	14:03	78	29:59	
Last lap Finish	3.25	18:17	5:37	6	1:48	58	5:29	22.75	2:06:58	5:34	6	13:27	77	35:15	