



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Rahmann, Jan

Club: Frankfurt am Main

Number: 467

Course: 22.75 km

Halbmarathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 2:07:57

Speed: 10.32 km/h

Running performance: 5:37 min/km

Rank in course/Total: 97 (of 244)

Rank in course/Men: 79 (of 177)

Best time in course: 1:31:43

Rank in category: 7(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	18:18	5:37	14	4:30	101	6:20	3.25	18:18	5:37	14	4:30	101	6:20
Lap 2	3.25	17:57	5:31	12	3:53	99	5:22	6.50	36:15	5:34	12	8:23	97	11:42
Lap 3	3.25	17:45	5:27	7	2:48	77	5:01	9.75	54:00	5:32	10	11:11	92	16:15
Lap 4	3.25	18:04	5:33	6	2:13	76	4:51	13.00	1:12:04	5:32	10	13:24	90	20:53
Lap 5	3.25	18:20	5:38	5	1:33	75	5:04	16.25	1:30:24	5:33	7	14:29	82	25:27
Lap 6	3.25	18:46	5:46	5	1:41	73	5:25	19.50	1:49:10	5:35	7	14:32	79	30:28
Last lap Finish	3.25	18:47	5:46	7	2:18	69	5:59	22.75	2:07:57	5:37	7	14:26	79	36:14