



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Brock, Harald

Club: Wachtmeister / Polizeidirektion Neustadt
Number: 318

Course: 22.75 km
Halbmarathon

Category:
Senioren M55 (55-59 Jahre)

Total time: 2:08:52

Speed: 10.24 km/h
Running performance: 5:40 min/km

Rank in course/Total: 101 (of 244)

Rank in course/Men: 82 (of 177)

Best time in course: 1:31:43

Rank in category: 6(of 23)

Best time in the category: 1:57:26

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	17:02	5:14	6	2:21	68	5:04	3.25	17:02	5:14	6	2:21	68	5:04
Lap 2	3.25	16:55	5:12	3	1:33	66	4:20	6.50	33:57	5:13	5	3:54	70	9:24
Lap 3	3.25	17:47	5:28	3	0:39	78	5:03	9.75	51:44	5:18	5	4:13	69	13:59
Lap 4	3.25	19:04	5:51	11	1:36	100	5:51	13.00	1:10:48	5:26	6	5:49	77	19:37
Lap 5	3.25	19:17	5:56	9	1:47	91	6:01	16.25	1:30:05	5:32	7	7:02	81	25:08
Lap 6	3.25	19:24	5:58	7	1:39	87	6:03	19.50	1:49:29	5:36	7	8:41	81	30:47
Last lap Finish	3.25	19:23	5:57	8	2:45	81	6:35	22.75	2:08:52	5:39	6	11:26	82	37:09