



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Sieburg, Mike

Club: BSG Evonik Rheinland e.V.

Number: 509

Course: 22.75 km

Halbmarathon

Category:

Senioren M60 (60-64 Jahre)

Total time: 2:13:46

Speed: 9.87 km/h

Running performance: 5:53 min/km

Rank in course/Total: 121 (of 244)

Rank in course/Men: 95 (of 177)

Best time in course: 1:31:43

Rank in category: 4(of 10)

Best time in the category: 1:45:03

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	18:08	5:34	5	3:04	99	6:10	3.25	18:08	5:34	5	3:04	99	6:10
Lap 2	3.25	19:13	5:54	6	3:48	124	6:38	6.50	37:21	5:44	6	6:52	110	12:48
Lap 3	3.25	19:04	5:51	6	3:58	113	6:20	9.75	56:25	5:47	6	10:50	114	18:40
Lap 4	3.25	19:18	5:56	4	4:24	105	6:05	13.00	1:15:43	5:49	6	15:14	115	24:32
Lap 5	3.25	19:02	5:51	3	4:06	87	5:46	16.25	1:34:45	5:49	5	19:20	108	29:48
Lap 6	3.25	19:14	5:55	3	4:21	82	5:53	19.50	1:53:59	5:50	4	23:41	99	35:17
Last lap Finish	3.25	19:47	6:05	4	5:02	90	6:59	22.75	2:13:46	5:52	4	28:43	95	42:03