



# 14. Kristall-Marathon

Merkers / 16.02.2020

## Detailed evaluation

**Grygiel, Guido**

Club: Bokel  
Number: 361

Course: 22.75 km  
Halbmarathon

Category:  
Senioren M50 (50-54 Jahre)

Total time: 2:14:14

Speed: 9.83 km/h  
Running performance: 5:54 min/km

Rank in course/Total: 122 (of 244)

Rank in course/Men: 96 (of 177)

Best time in course: 1:31:43

Rank in category: 11(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	20:03	6:10	19	5:53	146	8:05	3.25	20:03	6:10	19	5:53	146	8:05
Lap 2	3.25	18:32	5:42	12	3:56	113	5:57	6.50	38:35	5:56	14	9:49	131	14:02
Lap 3	3.25	18:16	5:37	11	3:19	94	5:32	9.75	56:51	5:49	12	13:08	117	19:06
Lap 4	3.25	18:25	5:40	10	3:07	86	5:12	13.00	1:15:16	5:47	12	16:15	112	24:05
Lap 5	3.25	19:35	6:01	12	4:07	96	6:19	16.25	1:34:51	5:50	12	20:22	109	29:54
Lap 6	3.25	19:37	6:02	11	4:19	93	6:16	19.50	1:54:28	5:52	11	24:41	101	35:46
Last lap Finish	3.25	19:46	6:04	10	4:19	89	6:58	22.75	2:14:14	5:54	11	29:00	96	42:31