



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Dielmann, Stephan

Club: Limburg

Number: 330

Course: 22.75 km

Halbmarathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 2:15:09

Speed: 10.10 km/h

Running performance: 5:56 min/km

Rank in course/Total: 124 (of 244)

Rank in course/Men: 98 (of 177)

Best time in course: 1:31:43

Rank in category: 10(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	16:23	5:02	3	2:35	51	4:25	3.25	16:23	5:02	3	2:35	51	4:25
Lap 2	3.25	17:27	5:22	8	3:23	81	4:52	6.50	33:50	5:12	4	5:58	68	9:17
Lap 3	3.25	18:20	5:38	11	3:23	99	5:36	9.75	52:10	5:21	7	9:21	79	14:25
Lap 4	3.25	19:29	5:59	11	3:38	108	6:16	13.00	1:11:39	5:30	8	12:59	84	20:28
Lap 5	3.25	20:02	6:09	11	3:15	102	6:46	16.25	1:31:41	5:38	9	15:46	88	26:44
Lap 6	3.25	21:01	6:28	12	3:56	106	7:40	19.50	1:52:42	5:46	8	18:04	91	34:00
Last lap Finish	3.25	22:27	6:54	14	5:58	127	9:39	22.75	2:15:09	5:56	10	21:38	98	43:26