



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Ulfers, Björn

Club: LC Duisburg

Number: 532

Course: 22.75 km

Halbmarathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 2:15:24

Speed: 9.75 km/h

Running performance: 5:57 min/km

Rank in course/Total: 127 (of 244)

Rank in course/Men: 100 (of 177)

Best time in course: 1:31:43

Rank in category: 11(of 23)

Best time in the category: 1:53:31

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	18:33	5:42	17	4:45	113	6:35	3.25	18:33	5:42	17	4:45	113	6:35
Lap 2	3.25	18:27	5:40	15	4:23	112	5:52	6.50	37:00	5:41	14	9:08	104	12:27
Lap 3	3.25	18:19	5:38	10	3:22	98	5:35	9.75	55:19	5:40	13	12:30	102	17:34
Lap 4	3.25	19:26	5:58	10	3:35	107	6:13	13.00	1:14:45	5:45	13	16:05	106	23:34
Lap 5	3.25	19:57	6:08	10	3:10	101	6:41	16.25	1:34:42	5:49	13	18:47	106	29:45
Lap 6	3.25	20:29	6:18	10	3:24	100	7:08	19.50	1:55:11	5:54	13	20:33	106	36:29
Last lap Finish	3.25	20:13	6:13	9	3:44	94	7:25	22.75	2:15:24	5:57	11	21:53	100	43:41