



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Sander, Dietmar

Club: LG Burg Wiedenbrück

Number: 482

Course: 22.75 km

Halbmarathon

Category:

Senioren M55 (55-59 Jahre)

Total time: 2:15:12

Speed: 9.76 km/h

Running performance: 5:56 min/km

Rank in course/Total: 125 (of 244)

Rank in course/Men: 99 (of 177)

Best time in course: 1:31:43

Rank in category: 10(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.	Stage score		Total ranking							
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Lap 1	3.25	15:52	4:52	2	1:11	43	3:54	3.25	15:52	4:52	2	1:11	43	3:54	
Lap 2	3.25	17:35	5:24	6	2:13	82	5:00	6.50	33:27	5:08	3	3:24	61	8:54	
Lap 3	3.25	18:16	5:37	9	1:08	94	5:32	9.75	51:43	5:18	4	4:12	68	13:58	
Lap 4	3.25	18:53	5:48	9	1:25	95	5:40	13.00	1:10:36	5:25	5	5:37	75	19:25	
Lap 5	3.25	20:38	6:20	16	3:08	117	7:22	16.25	1:31:14	5:36	8	8:11	85	26:17	
Lap 6	3.25	23:03	7:05	20	5:18	145	9:42	19.50	1:54:17	5:51	10	13:29	100	35:35	
Last lap Finish	3.25	20:55	6:26	11	4:17	103	8:07	22.75	2:15:12	5:56	10	17:46	99	43:29	