



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Stolz, Manuel

Club: Breckenheim

Number: 520

Course: 22.75 km

Halbmarathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 2:15:51

Speed: 9.72 km/h

Running performance: 5:58 min/km

Rank in course/Total: 129 (of 244)

Rank in course/Men: 101 (of 177)

Best time in course: 1:31:43

Rank in category: 12(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	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	17:20	5:19	6	3:16	74	4:45	6.50	33:43	5:11	3	5:51	65	9:10
Lap 3	3.25	18:15	5:36	9	3:18	93	5:31	9.75	51:58	5:19	5	9:09	74	14:13
Lap 4	3.25	19:41	6:03	13	3:50	114	6:28	13.00	1:11:39	5:30	8	12:59	84	20:28
Lap 5	3.25	20:54	6:25	16	4:07	123	7:38	16.25	1:32:33	5:41	10	16:38	92	27:36
Lap 6	3.25	21:24	6:35	14	4:19	118	8:03	19.50	1:53:57	5:50	11	19:19	98	35:15
Last lap Finish	3.25	21:54	6:44	12	5:25	116	9:06	22.75	2:15:51	5:58	12	22:20	101	44:08