



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Massoth, Michael

Club: Sonntagsläufer Büschel

Number: 433

Course: 22.75 km

Halbmarathon

Category:

Senioren M50 (50-54 Jahre)

Total time: 2:16:38

Speed: 9.66 km/h

Running performance: 6:01 min/km

Rank in course/Total: 131 (of 244)

Rank in course/Men: 103 (of 177)

Best time in course: 1:31:43

Rank in category: 12(of 30)

Best time in the category: 1:45:14

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 | 19:11 | 5:54 | 15 | 5:01 | 126 | 7:13 | 3.25 | 19:11 | 5:54 | 15 | 5:01 | 126 | 7:13 |
| Lap 2 | 3.25 | 18:15 | 5:36 | 11 | 3:39 | 106 | 5:40 | 6.50 | 37:26 | 5:45 | 11 | 8:40 | 112 | 12:53 |
| Lap 3 | 3.25 | 18:26 | 5:40 | 12 | 3:29 | 101 | 5:42 | 9.75 | 55:52 | 5:43 | 11 | 12:09 | 108 | 18:07 |
| Lap 4 | 3.25 | 18:37 | 5:43 | 11 | 3:19 | 88 | 5:24 | 13.00 | 1:14:29 | 5:43 | 11 | 15:28 | 101 | 23:18 |
| Lap 5 | 3.25 | 19:22 | 5:57 | 11 | 3:54 | 92 | 6:06 | 16.25 | 1:33:51 | 5:46 | 11 | 19:22 | 100 | 28:54 |
| Lap 6 | 3.25 | 21:24 | 6:35 | 16 | 6:06 | 118 | 8:03 | 19.50 | 1:55:15 | 5:54 | 12 | 25:28 | 107 | 36:33 |
| Last lap Finish | 3.25 | 21:23 | 6:34 | 13 | 5:56 | 108 | 8:35 | 22.75 | 2:16:38 | 6:00 | 12 | 31:24 | 103 | 44:55 |