



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Werner, Frank

Club: SG Urbich 1984 e.V.

Number: 544

Course: 22.75 km

Halbmarathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 2:16:34

Speed: 10.00 km/h

Running performance: 6:00 min/km

Rank in course/Total: 130 (of 244)

Rank in course/Men: 102 (of 177)

Best time in course: 1:31:43

Rank in category: 21(of 34)

Best time in the category: 1:38:53

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	17:12	5:17	13	3:55	74	5:14	3.25	17:12	5:17	13	3:55	74	5:14
Lap 2	3.25	17:51	5:29	19	3:55	91	5:16	6.50	35:03	5:23	17	7:50	83	10:30
Lap 3	3.25	19:17	5:56	22	5:16	118	6:33	9.75	54:20	5:34	19	12:46	97	16:35
Lap 4	3.25	19:22	5:57	22	5:09	106	6:09	13.00	1:13:42	5:40	20	17:53	96	22:31
Lap 5	3.25	20:22	6:15	22	6:15	108	7:06	16.25	1:34:04	5:47	20	23:47	102	29:07
Lap 6	3.25	21:23	6:34	23	7:33	117	8:02	19.50	1:55:27	5:55	21	30:43	108	36:45
Last lap Finish	3.25	21:07	6:29	23	7:13	106	8:19	22.75	2:16:34	6:00	21	37:41	102	44:51