



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Göcking, Thomas

Club: Wartburg Sparkasse

Number: 355

Course: 22.75 km

Halbmarathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 2:19:13

Speed: 9.48 km/h

Running performance: 6:07 min/km

Rank in course/Total: 143 (of 244)

Rank in course/Men: 112 (of 177)

Best time in course: 1:31:43

Rank in category: 23(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	18:54	5:48	24	5:37	123	6:56	3.25	18:54	5:48	24	5:37	123	6:56	
Lap 2	3.25	17:54	5:30	20	3:58	95	5:19	6.50	36:48	5:39	20	9:35	103	12:15	
Lap 3	3.25	18:36	5:43	20	4:35	106	5:52	9.75	55:24	5:40	21	13:50	103	17:39	
Lap 4	3.25	18:59	5:50	21	4:46	99	5:46	13.00	1:14:23	5:43	21	18:34	99	23:12	
Lap 5	3.25	20:20	6:15	21	6:13	107	7:04	16.25	1:34:43	5:49	22	24:26	107	29:46	
Lap 6	3.25	21:33	6:37	25	7:43	124	8:12	19.50	1:56:16	5:57	22	31:32	110	37:34	
Last lap Finish	3.25	22:57	7:03	26	9:03	134	10:09	22.75	2:19:13	6:07	23	40:20	112	47:30	