



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Powierski, Janosch

Club: Dynamo Tresen

Number: 462

Course: 22.75 km

Halbmarathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 2:21:34

Speed: 9.32 km/h

Running performance: 6:13 min/km

Rank in course/Total: 150 (of 244)

Rank in course/Men: 119 (of 177)

Best time in course: 1:31:43

Rank in category: 16(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	19:59	6:08	21	6:11	141	8:01	3.25	19:59	6:08	21	6:11	141	8:01
Lap 2	3.25	20:00	6:09	18	5:56	144	7:25	6.50	39:59	6:09	20	12:07	145	15:26
Lap 3	3.25	19:31	6:00	16	4:34	126	6:47	9.75	59:30	6:06	17	16:41	136	21:45
Lap 4	3.25	20:18	6:14	16	4:27	126	7:05	13.00	1:19:48	6:08	17	21:08	133	28:37
Lap 5	3.25	20:27	6:17	13	3:40	111	7:11	16.25	1:40:15	6:10	17	24:20	127	35:18
Lap 6	3.25	20:41	6:21	11	3:36	101	7:20	19.50	2:00:56	6:12	16	26:18	122	42:14
Last lap Finish	3.25	20:38	6:20	10	4:09	97	7:50	22.75	2:21:34	6:13	16	28:03	119	49:51