



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

LAUER, Udo

Club: Post SV Leipzig

Number: 419

Course: 22.75 km

Halbmarathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 2:21:55

Speed: 9.62 km/h

Running performance: 6:14 min/km

Rank in course/Total: 152 (of 244)

Rank in course/Men: 121 (of 177)

Best time in course: 1:31:43

Rank in category: 24(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	18:22	5:39	20	5:05	106	6:24	3.25	18:22	5:39	20	5:05	106	6:24
Lap 2	3.25	18:58	5:50	26	5:02	122	6:23	6.50	37:20	5:44	22	10:07	109	12:47
Lap 3	3.25	19:41	6:03	26	5:40	128	6:57	9.75	57:01	5:50	24	15:27	118	19:16
Lap 4	3.25	20:13	6:13	24	6:00	122	7:00	13.00	1:17:14	5:56	24	21:25	118	26:03
Lap 5	3.25	21:00	6:27	24	6:53	124	7:44	16.25	1:38:14	6:02	24	27:57	121	33:17
Lap 6	3.25	21:27	6:35	24	7:37	122	8:06	19.50	1:59:41	6:08	24	34:57	121	40:59
Last lap Finish	3.25	22:14	6:50	25	8:20	122	9:26	22.75	2:21:55	6:14	24	43:02	121	50:12