



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Plück, Thomas

Club: LG Donatus Erfstadt

Number: 461

Course: 22.75 km

Halbmarathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 2:21:59

Speed: 9.30 km/h

Running performance: 6:14 min/km

Rank in course/Total: 154 (of 244)

Rank in course/Men: 123 (of 177)

Best time in course: 1:31:43

Rank in category: 25(of 34)

Best time in the category: 1:38:53

Intermediate times

Stage score

Total ranking

Control	Split			Pos		Behind		Total			Pos		Behind	
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Lap 1	3.25	19:34	6:01	27	6:17	134	7:36	3.25	19:34	6:01	27	6:17	134	7:36
Lap 2	3.25	18:57	5:49	25	5:01	120	6:22	6.50	38:31	5:55	26	11:18	128	13:58
Lap 3	3.25	19:26	5:58	24	5:25	123	6:42	9.75	57:57	5:56	25	16:23	124	20:12
Lap 4	3.25	21:17	6:32	27	7:04	143	8:04	13.00	1:19:14	6:05	26	23:25	128	28:03
Lap 5	3.25	21:05	6:29	25	6:58	127	7:49	16.25	1:40:19	6:10	25	30:02	128	35:22
Lap 6	3.25	20:47	6:23	21	6:57	103	7:26	19.50	2:01:06	6:12	25	36:22	124	42:24
Last lap Finish	3.25	20:53	6:25	21	6:59	102	8:05	22.75	2:21:59	6:14	25	43:06	123	50:16