



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Tirschmann, Jan

Club: Meininger Drachen

Number: 528

Course: 22.75 km

Halbmarathon

Category:

Senioren M50 (50-54 Jahre)

Total time: 2:23:20

Speed: 9.21 km/h

Running performance: 6:18 min/km

Rank in course/Total: 156 (of 244)

Rank in course/Men: 125 (of 177)

Best time in course: 1:31:43

Rank in category: 14(of 30)

Best time in the category: 1:45:14

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	21:15	6:32	29	7:05	165	9:17	3.25	21:15	6:32	29	7:05	165	9:17	
Lap 2	3.25	19:48	6:05	20	5:12	140	7:13	6.50	41:03	6:18	23	12:17	152	16:30	
Lap 3	3.25	20:06	6:11	18	5:09	134	7:22	9.75	1:01:09	6:16	21	17:26	145	23:24	
Lap 4	3.25	20:15	6:13	16	4:57	124	7:02	13.00	1:21:24	6:15	19	22:23	142	30:13	
Lap 5	3.25	20:30	6:18	13	5:02	112	7:14	16.25	1:41:54	6:16	18	27:25	135	36:57	
Lap 6	3.25	20:47	6:23	12	5:29	103	7:26	19.50	2:02:41	6:17	16	32:54	132	43:59	
Last lap Finish	3.25	20:39	6:21	12	5:12	99	7:51	22.75	2:23:20	6:18	14	38:06	125	51:37	