



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Simon, Thomas

Club: TG Groß Karben

Number: 510

Course: 22.75 km

Halbmarathon

Category:

Senioren M55 (55-59 Jahre)

Total time: 2:24:07

Speed: 9.16 km/h

Running performance: 6:20 min/km

Rank in course/Total: 162 (of 244)

Rank in course/Men: 128 (of 177)

Best time in course: 1:31:43

Rank in category: 17(of 23)

Best time in the category: 1:57:26

Intermediate times					Stage score				Total ranking					
Control	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	19:24	5:58	14	4:43	131	7:26	3.25	19:24	5:58	14	4:43	131	7:26
Lap 2	3.25	19:36	6:01	18	4:14	134	7:01	6.50	39:00	6:00	18	8:57	135	14:27
Lap 3	3.25	20:03	6:10	16	2:55	133	7:19	9.75	59:03	6:03	18	11:32	134	21:18
Lap 4	3.25	19:51	6:06	15	2:23	118	6:38	13.00	1:18:54	6:04	15	13:55	123	27:43
Lap 5	3.25	21:08	6:30	18	3:38	129	7:52	16.25	1:40:02	6:09	16	16:59	124	35:05
Lap 6	3.25	22:14	6:50	17	4:29	136	8:53	19.50	2:02:16	6:16	16	21:28	130	43:34
Last lap Finish	3.25	21:51	6:43	13	5:13	114	9:03	22.75	2:24:07	6:20	17	26:41	128	52:24