



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Dr. Witek, Alexander

Club: WERUNFRANKFURT

Number: 333

Course: 22.75 km

Halbmarathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 2:24:54

Speed: 9.11 km/h

Running performance: 6:22 min/km

Rank in course/Total: 166 (of 244)

Rank in course/Men: 131 (of 177)

Best time in course: 1:31:43

Rank in category: 17(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	17:27	5:22	8	3:39	83	5:29	3.25	17:27	5:22	8	3:39	83	5:29	
Lap 2	3.25	18:59	5:50	16	4:55	123	6:24	6.50	36:26	5:36	13	8:34	101	11:53	
Lap 3	3.25	20:51	6:24	19	5:54	146	8:07	9.75	57:17	5:52	16	14:28	119	19:32	
Lap 4	3.25	21:03	6:28	18	5:12	138	7:50	13.00	1:18:20	6:01	16	19:40	122	27:09	
Lap 5	3.25	21:16	6:32	18	4:29	133	8:00	16.25	1:39:36	6:07	16	23:41	123	34:39	
Lap 6	3.25	21:44	6:41	17	4:39	128	8:23	19.50	2:01:20	6:13	17	26:42	125	42:38	
Last lap Finish	3.25	23:34	7:15	17	7:05	139	10:46	22.75	2:24:54	6:22	17	31:23	131	53:11	