



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Gillmann, Klaus

Club: Die Zarte und der Harte

Number: 354

Course: 22.75 km

Halbmarathon

Category:

Senioren M50 (50-54 Jahre)

Total time: 2:25:38

Speed: 9.37 km/h

Running performance: 6:24 min/km

Rank in course/Total: 170 (of 244)

Rank in course/Men: 134 (of 177)

Best time in course: 1:31:43

Rank in category: 18(of 30)

Best time in the category: 1:45:14

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	19:50	6:06	17	5:40	138	7:52	3.25	19:50	6:06	17	5:40	138	7:52
Lap 2	3.25	19:37	6:02	17	5:01	136	7:02	6.50	39:27	6:04	17	10:41	142	14:54
Lap 3	3.25	19:24	5:58	14	4:27	122	6:40	9.75	58:51	6:02	15	15:08	132	21:06
Lap 4	3.25	20:08	6:11	15	4:50	121	6:55	13.00	1:18:59	6:04	14	19:58	124	27:48
Lap 5	3.25	21:22	6:34	19	5:54	136	8:06	16.25	1:40:21	6:10	15	25:52	129	35:24
Lap 6	3.25	21:26	6:35	17	6:08	121	8:05	19.50	2:01:47	6:14	14	32:00	127	43:05
Last lap Finish	3.25	23:51	7:20	23	8:24	142	11:03	22.75	2:25:38	6:24	18	40:24	134	53:55