



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Seifried, Michael

Club: Lufthansa Sportverein

Number: 508

Course: 22.75 km

Halbmarathon

Category:

Senioren M50 (50-54 Jahre)

Total time: 2:27:17

Speed: 8.96 km/h

Running performance: 6:28 min/km

Rank in course/Total: 173 (of 244)

Rank in course/Men: 136 (of 177)

Best time in course: 1:31:43

Rank in category: 19(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.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	3.25	18:52	5:48	14	4:42	122	6:54	3.25	18:52	5:48	14	4:42	122	6:54
Lap 2	3.25	19:46	6:04	19	5:10	139	7:11	6.50	38:38	5:56	15	9:52	132	14:05
Lap 3	3.25	21:34	6:38	23	6:37	154	8:50	9.75	1:00:12	6:10	19	16:29	143	22:27
Lap 4	3.25	22:13	6:50	23	6:55	152	9:00	13.00	1:22:25	6:20	21	23:24	144	31:14
Lap 5	3.25	21:07	6:29	18	5:39	128	7:51	16.25	1:43:32	6:22	21	29:03	143	38:35
Lap 6	3.25	21:20	6:33	15	6:02	114	7:59	19.50	2:04:52	6:24	19	35:05	138	46:10
Last lap Finish	3.25	22:25	6:53	19	6:58	125	9:37	22.75	2:27:17	6:28	19	42:03	136	55:34