



# 14. Kristall-Marathon

Merkers / 16.02.2020

## Detailed evaluation

**Krebs, Alexander**

Club: TGO Lahnstein

Number: 410

Course: 22.75 km

Halbmarathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 2:28:56

Speed: 8.86 km/h

Running performance: 6:33 min/km

Rank in course/Total: 177 (of 244)

Rank in course/Men: 138 (of 177)

Best time in course: 1:31:43

Rank in category: 19(of 23)

Best time in the category: 1:53:31

### 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	21:02	6:28	22	7:14	159	9:04	3.25	21:02	6:28	22	7:14	159	9:04	
Lap 2	3.25	20:27	6:17	19	6:23	150	7:52	6.50	41:29	6:22	21	13:37	156	16:56	
Lap 3	3.25	20:52	6:25	20	5:55	147	8:08	9.75	1:02:21	6:23	21	19:32	152	24:36	
Lap 4	3.25	21:05	6:29	19	5:14	139	7:52	13.00	1:23:26	6:25	20	24:46	148	32:15	
Lap 5	3.25	21:18	6:33	19	4:31	134	8:02	16.25	1:44:44	6:26	20	28:49	147	39:47	
Lap 6	3.25	21:33	6:37	16	4:28	124	8:12	19.50	2:06:17	6:28	19	31:39	141	47:35	
Last lap Finish	3.25	22:39	6:58	15	6:10	129	9:51	22.75	2:28:56	6:32	19	35:25	138	57:13	