



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Orth, Christian

Club: Rotenburg

Number: 452

Course: 22.75 km

Halbmarathon

Category:

Senioren M30 (30-34 Jahre)

Total time: 2:29:12

Speed: 9.15 km/h

Running performance: 6:34 min/km

Rank in course/Total: 178 (of 244)

Rank in course/Men: 139 (of 177)

Best time in course: 1:31:43

Rank in category: 19(of 21)

Best time in the category: 1:31:43

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	17:48	5:28	17	5:02	94	5:50	3.25	17:48	5:28	17	5:02	94	5:50
Lap 2	3.25	18:02	5:32	18	5:10	101	5:27	6.50	35:50	5:30	18	10:06	95	11:17
Lap 3	3.25	18:51	5:48	19	6:07	111	6:07	9.75	54:41	5:36	18	16:13	100	16:56
Lap 4	3.25	20:20	6:15	19	7:07	129	7:07	13.00	1:15:01	5:46	19	23:11	109	23:50
Lap 5	3.25	22:17	6:51	19	9:01	143	9:01	16.25	1:37:18	5:59	19	32:12	118	32:21
Lap 6	3.25	24:27	7:31	19	11:06	154	11:06	19.50	2:01:45	6:14	19	43:03	126	43:03
Last lap Finish	3.25	27:27	8:26	19	14:39	159	14:39	22.75	2:29:12	6:33	19	57:29	139	57:29