



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Gareis, Helmut

Club: Crazy Runners Team Frankenwald

Number: 350

Course: 22.75 km

Halbmarathon

Category:

Senioren M55 (55-59 Jahre)

Total time: 2:29:40

Speed: 9.12 km/h

Running performance: 6:35 min/km

Rank in course/Total: 179 (of 244)

Rank in course/Men: 140 (of 177)

Best time in course: 1:31:43

Rank in category: 18(of 23)

Best time in the category: 1:57:26

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Lap 1	3.25	22:23	6:53	22	7:42	174	10:25	3.25	22:23	6:53	22	7:42	174	10:25
Lap 2	3.25	22:16	6:51	22	6:54	168	9:41	6.50	44:39	6:52	22	14:36	172	20:06
Lap 3	3.25	21:23	6:34	20	4:15	153	8:39	9.75	1:06:02	6:46	21	18:31	166	28:17
Lap 4	3.25	19:39	6:02	14	2:11	112	6:26	13.00	1:25:41	6:35	20	20:42	155	34:30
Lap 5	3.25	20:18	6:14	13	2:48	104	7:02	16.25	1:45:59	6:31	19	22:56	150	41:02
Lap 6	3.25	21:15	6:32	13	3:30	110	7:54	19.50	2:07:14	6:31	19	26:26	145	48:32
Last lap Finish	3.25	22:26	6:54	17	5:48	126	9:38	22.75	2:29:40	6:34	18	32:14	140	57:57