



# 14. Kristall-Marathon

Merkers / 16.02.2020

## Detailed evaluation

**Waltmans, Johannes**

Club: TEA - Laufen in Lübeck

Number: 824

Course: 22.75 km

Halbmarathon

Category:

Senioren M55 (55-59 Jahre)

Total time: 2:30:46

Speed: 8.76 km/h

Running performance: 6:38 min/km

Rank in course/Total: 181 (of 244)

Rank in course/Men: 142 (of 177)

Best time in course: 1:31:43

Rank in category: 19(of 23)

Best time in the category: 1:57:26

### Intermediate times

### Stage score

### Total ranking

| Control         | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total |         | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Total ranking |               |
|-----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|-------|---------|-----------------|-------------|----------------|---------------|---------------|
|                 |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | km    | Time    |                 |             |                | Pos<br>Men    | Behind<br>Men |
| Lap 1           | 3.25        | 19:25         | 5:58            | 15          | 4:44           | 132         | 7:27          | 3.25  | 19:25   | 5:58            | 15          | 4:44           | 132           | 7:27          |
| Lap 2           | 3.25        | 18:48         | 5:47            | 14          | 3:26           | 119         | 6:13          | 6.50  | 38:13   | 5:52            | 14          | 8:10           | 123           | 13:40         |
| Lap 3           | 3.25        | 20:41         | 6:21            | 17          | 3:33           | 142         | 7:57          | 9.75  | 58:54   | 6:02            | 17          | 11:23          | 133           | 21:09         |
| Lap 4           | 3.25        | 20:19         | 6:15            | 17          | 2:51           | 128         | 7:06          | 13.00 | 1:19:13 | 6:05            | 17          | 14:14          | 127           | 28:02         |
| Lap 5           | 3.25        | 23:08         | 7:07            | 20          | 5:38           | 153         | 9:52          | 16.25 | 1:42:21 | 6:17            | 18          | 19:18          | 136           | 37:24         |
| Lap 6           | 3.25        | 22:40         | 6:58            | 18          | 4:55           | 139         | 9:19          | 19.50 | 2:05:01 | 6:24            | 18          | 24:13          | 139           | 46:19         |
| Last lap Finish | 3.25        | 25:45         | 7:55            | 20          | 9:07           | 156         | 12:57         | 22.75 | 2:30:46 | 6:37            | 19          | 33:20          | 142           | 59:03         |