



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Steins, Christian

Club: DLRG Leinefelde-Worbis

Number: 519

Course: 22.75 km

Halbmarathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 2:33:44

Speed: 8.59 km/h

Running performance: 6:46 min/km

Rank in course/Total: 191 (of 244)

Rank in course/Men: 149 (of 177)

Best time in course: 1:31:43

Rank in category: 20(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	3.25	19:17	5:56	20	5:29	129	7:19	3.25	19:17	5:56	20	5:29	129	7:19
Lap 2	3.25	19:48	6:05	17	5:44	140	7:13	6.50	39:05	6:00	19	11:13	141	14:32
Lap 3	3.25	20:49	6:24	18	5:52	143	8:05	9.75	59:54	6:08	18	17:05	141	22:09
Lap 4	3.25	21:05	6:29	19	5:14	139	7:52	13.00	1:20:59	6:13	18	22:19	140	29:48
Lap 5	3.25	22:04	6:47	20	5:17	140	8:48	16.25	1:43:03	6:20	18	27:08	140	38:06
Lap 6	3.25	26:14	8:04	20	9:09	160	12:53	19.50	2:09:17	6:37	20	34:39	149	50:35
Last lap Finish	3.25	24:27	7:31	19	7:58	144	11:39	22.75	2:33:44	6:45	20	40:13	149	1:02:01