



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Dechant, Wolfgang

Club: SV Steinhaus

Number: 620

Course: 22.75 km

Halbmarathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 2:44:28

Speed: 8.03 km/h

Running performance: 7:14 min/km

Rank in course/Total: 209 (of 244)

Rank in course/Men: 156 (of 177)

Best time in course: 1:31:43

Rank in category: 21(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	18:21	5:38	16	4:33	105	6:23	3.25	18:21	5:38	16	4:33	105	6:23
Lap 2	3.25	20:43	6:22	21	6:39	153	8:08	6.50	39:04	6:00	17	11:12	138	14:31
Lap 3	3.25	22:26	6:54	21	7:29	160	9:42	9.75	1:01:30	6:18	19	18:41	146	23:45
Lap 4	3.25	23:01	7:04	21	7:10	157	9:48	13.00	1:24:31	6:30	21	25:51	149	33:20
Lap 5	3.25	23:47	7:19	21	7:00	156	10:31	16.25	1:48:18	6:39	21	32:23	152	43:21
Lap 6	3.25	26:50	8:15	21	9:45	163	13:29	19.50	2:15:08	6:55	21	40:30	155	56:26
Last lap Finish	3.25	29:20	9:01	21	12:51	164	16:32	22.75	2:44:28	7:13	21	50:57	156	1:12:45