



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Marake, Bernhard

Club: Meddys LWT Koblenz

Number: 431

Course: 22.75 km

Halbmarathon

Category:

Senioren M75 (75-79 Jahre)

Total time: 2:44:49

Speed: 8.01 km/h

Running performance: 7:14 min/km

Rank in course/Total: 210 (of 244)

Rank in course/Men: 158 (of 177)

Best time in course: 1:31:43

Rank in category: 1(of 1)

Best time in the category: 2:44:49

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	22:15	6:50	1	-	173	10:17	3.25	22:15	6:50	1	-	173	10:17
Lap 2	3.25	22:20	6:52	1	-	169	9:45	6.50	44:35	6:51	1	-	171	20:02
Lap 3	3.25	22:12	6:49	1	-	159	9:28	9.75	1:06:47	6:50	1	-	169	29:02
Lap 4	3.25	22:49	7:01	1	-	155	9:36	13.00	1:29:36	6:53	1	-	164	38:25
Lap 5	3.25	23:10	7:07	1	-	154	9:54	16.25	1:52:46	6:56	1	-	160	47:49
Lap 6	3.25	23:37	7:15	1	-	149	10:16	19.50	2:16:23	6:59	1	-	159	57:41
Last lap Finish	3.25	28:26	8:44	1	-	163	15:38	22.75	2:44:49	7:14	1	-	158	1:13:06