



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Kappler, Tom

Club: SG Indersdorf

Number: 390

Course: 22.75 km

Halbmarathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 2:44:51

Speed: 8.28 km/h

Running performance: 7:15 min/km

Rank in course/Total: 211 (of 244)

Rank in course/Men: 159 (of 177)

Best time in course: 1:31:43

Rank in category: 32(of 34)

Best time in the category: 1:38:53

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	20:10	6:12	29	6:53	150	8:12	3.25	20:10	6:12	29	6:53	150	8:12
Lap 2	3.25	23:18	7:10	33	9:22	172	10:43	6.50	43:28	6:41	32	16:15	167	18:55
Lap 3	3.25	22:50	7:01	32	8:49	168	10:06	9.75	1:06:18	6:47	32	24:44	168	28:33
Lap 4	3.25	23:57	7:22	31	9:44	164	10:44	13.00	1:30:15	6:56	32	34:26	168	39:04
Lap 5	3.25	24:27	7:31	32	10:20	160	11:11	16.25	1:54:42	7:03	32	44:25	164	49:45
Lap 6	3.25	24:41	7:35	31	10:51	157	11:20	19.50	2:19:23	7:08	32	54:39	160	1:00:41
Last lap Finish	3.25	25:28	7:50	31	11:34	151	12:40	22.75	2:44:51	7:14	32	1:05:58	159	1:13:08