



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Erdaty, Adel

Club: Maineville

Number: 338

Course: 22.75 km

Halbmarathon

Category:

Senioren M50 (50-54 Jahre)

Total time: 2:54:11

Speed: 7.84 km/h

Running performance: 7:40 min/km

Rank in course/Total: 225 (of 244)

Rank in course/Men: 165 (of 177)

Best time in course: 1:31:43

Rank in category: 28(of 30)

Best time in the category: 1:45:14

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	18:30	5:41	12	4:20	111	6:32	3.25	18:30	5:41	12	4:20	111	6:32
Lap 2	3.25	21:30	6:36	27	6:54	162	8:55	6.50	40:00	6:09	20	11:14	147	15:27
Lap 3	3.25	23:08	7:07	27	8:11	169	10:24	9.75	1:03:08	6:28	25	19:25	157	25:23
Lap 4	3.25	24:24	7:30	29	9:06	168	11:11	13.00	1:27:32	6:44	26	28:31	161	36:21
Lap 5	3.25	25:50	7:56	28	10:22	168	12:34	16.25	1:53:22	6:58	26	38:53	162	48:25
Lap 6	3.25	28:36	8:48	28	13:18	168	15:15	19.50	2:21:58	7:16	28	52:11	166	1:03:16
Last lap Finish	3.25	32:13	9:54	29	16:46	170	19:25	22.75	2:54:11	7:39	28	1:08:57	165	1:22:28