



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Schöniger, Sven

Club: Wartburg-Sparkasse

Number: 495

Course: 22.75 km

Halbmarathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 2:43:07

Speed: 8.09 km/h

Running performance: 7:10 min/km

Rank in course/Total: 207 (of 244)

Rank in course/Men: 155 (of 177)

Best time in course: 1:31:43

Rank in category: 31(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	3.25	18:20	5:38	19	5:03	103	6:22	3.25	18:20	5:38	19	5:03	103	6:22
Lap 2	3.25	20:44	6:22	30	6:48	155	8:09	6.50	39:04	6:00	29	11:51	138	14:31
Lap 3	3.25	22:26	6:54	31	8:25	160	9:42	9.75	1:01:30	6:18	29	19:56	146	23:45
Lap 4	3.25	23:01	7:04	30	8:48	157	9:48	13.00	1:24:31	6:30	29	28:42	149	33:20
Lap 5	3.25	23:47	7:19	31	9:40	156	10:31	16.25	1:48:18	6:39	29	38:01	152	43:21
Lap 6	3.25	26:50	8:15	32	13:00	163	13:29	19.50	2:15:08	6:55	31	50:24	155	56:26
Last lap Finish	3.25	27:59	8:36	32	14:05	161	15:11	22.75	2:43:07	7:10	31	1:04:14	155	1:11:24