



# 14. Kristall-Marathon

Merkers / 16.02.2020

## Detailed evaluation

**Bruns, Frank**

Club: Harzer Keiler e.V.

Number: 319

Course: 22.75 km

Halbmarathon

Category:

Senioren M50 (50-54 Jahre)

Total time: 3:01:03

Speed: 7.29 km/h

Running performance: 7:58 min/km

Rank in course/Total: 230 (of 244)

Rank in course/Men: 169 (of 177)

Best time in course: 1:31:43

Rank in category: 29(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	23:18	7:10	30	9:08	176	11:20	3.25	23:18	7:10	30	9:08	176	11:20
Lap 2	3.25	24:02	7:23	30	9:26	175	11:27	6.50	47:20	7:16	30	18:34	175	22:47
Lap 3	3.25	23:49	7:19	28	8:52	171	11:05	9.75	1:11:09	7:17	29	27:26	173	33:24
Lap 4	3.25	23:47	7:19	27	8:29	162	10:34	13.00	1:34:56	7:18	29	35:55	171	43:45
Lap 5	3.25	27:17	8:23	29	11:49	169	14:01	16.25	2:02:13	7:31	29	47:44	170	57:16
Lap 6	3.25	29:03	8:56	29	13:45	170	15:42	19.50	2:31:16	7:45	29	1:01:29	169	1:12:34
Last lap Finish	3.25	29:47	9:09	28	14:20	166	16:59	22.75	3:01:03	7:57	29	1:15:49	169	1:29:20