



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Richter, Jens

Club: Ahnatal

Number: 472

Course: 22.75 km

Halbmarathon

Category:

Senioren M55 (55-59 Jahre)

Total time: 3:08:27

Speed: 7.24 km/h

Running performance: 8:17 min/km

Rank in course/Total: 232 (of 244)

Rank in course/Men: 170 (of 177)

Best time in course: 1:31:43

Rank in category: 22(of 23)

Best time in the category: 1:57:26

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	22:28	6:54	23	7:47	175	10:30	3.25	22:28	6:54	23	7:47	175	10:30
Lap 2	3.25	23:30	7:13	23	8:08	173	10:55	6.50	45:58	7:04	23	15:55	174	21:25
Lap 3	3.25	25:21	7:48	23	8:13	175	12:37	9.75	1:11:19	7:18	23	23:48	175	33:34
Lap 4	3.25	27:27	8:26	23	9:59	174	14:14	13.00	1:38:46	7:35	23	33:47	174	47:35
Lap 5	3.25	29:53	9:11	23	12:23	172	16:37	16.25	2:08:39	7:55	23	45:36	174	1:03:42
Lap 6	3.25	29:48	9:10	22	12:03	171	16:27	19.50	2:38:27	8:07	22	57:39	172	1:19:45
Last lap Finish	3.25	30:00	9:13	22	13:22	168	17:12	22.75	3:08:27	8:17	22	1:11:01	170	1:36:44