



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Westhäuser, Horst

Club: SV-EK Veilsdorf

Number: 445

Course: 22.75 km

Halbmarathon

Category:

Senioren M55 (55-59 Jahre)

Total time: 1:37:58

Speed: 13.47 km/h

Running performance: 4:19 min/km

Rank in course/Total: 10 (of 159)

Rank in course/Men: 10 (of 122)

Best time in course: 1:28:31

Rank in category: 1(of 14)

Best time in the category: 1:37:58

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	13:02	4:00	1	-	11	1:17	3.25	13:02	4:00	1	-	11	1:17
Lap 2	3.25	13:32	4:09	1	-	8	1:10	6.50	26:34	4:05	1	-	9	2:22
Lap 3	3.25	13:48	4:14	1	-	8	1:17	9.75	40:22	4:08	1	-	8	3:39
Lap 4	3.25	13:59	4:18	1	-	7	1:17	13.00	54:21	4:10	1	-	8	4:39
Lap 5	3.25	14:14	4:22	1	-	8	1:18	16.25	1:08:35	4:13	1	-	7	5:56
Lap 6	3.25	14:45	4:32	1	-	11	1:50	19.50	1:23:20	4:16	1	-	9	7:31
Last lap Finish	3.25	14:38	4:30	1	-	11	2:01	22.75	1:37:58	4:18	1	-	10	9:27